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*Engraved by L.Condé from a Drawing by Mr. Boileau.*

# Louis Eustache Ude.

*London, Published for the Author, by Ebers, Old Bond Street.*

83350

THE

# French Cook;

OR,

# *THE ART OF COOKERY*

DEVELOPED IN

## ALL ITS VARIOUS BRANCHES.

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BY LOUIS EUSTACHE UDÉ,

FORMERLY COOK TO LOUIS XVI. KING OF FRANCE, AND AT PRESENT STEWARD TO THE UNITED SERVICE CLUB.

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FOURTH EDITION.

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LONDON:

PRINTED BY COX AND BAYLIS,
Great Queen Street, Lincoln's-Inn-Fields,

For the Author, and sold by J. EBERS, 27, Old Bond Street; and may be had of all the Booksellers in the United Kingdom.

1816.

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# PREFACE.

Soon after my arrival in this country, I thought of publishing a work, which might prove of great utility to such, amongst others, as although possessed of real knowledge, yet might not unfrequently be at a loss, from mere want of memory. The works hitherto published on the Art of Cookery are unintelligible, and the receipts therein indicated impracticable.

Martialo, an Italian by birth, as may be known at once by his name, was a famous Cook in his time: but were he to make his appearance now, he would cut a very poor figure. His book displays nothing besides costly dishes, bad precepts, and worse taste. Several works have appeared since under various denominations; but seldom from the pen of professional Cooks. The Art of Cookery is a science appreciated only by very few individuals; and which requires, besides a great deal of studious application, no small share of intellect, and the strictest

sobriety and punctuality, to be brought to perfection. In England, the few assistants that a head Cook is allowed in a family, and the number of dishes he has to prepare, often deprive him of an opportunity of displaying his abilities; nay, after ten years of the utmost exertion to bring his Art to perfection, he ranks no higher than an humble domestic.

If I should be so fortunate as to succeed in my attempt, I hope to produce a more easy method than has hitherto been pointed out. I shall first treat of *bouillons, consommés, sauces,* &c. which are the basis of Cookery. Next, beginning with beef, as the most common, yet the most indispensible article for the *corps de bouillons,* I shall explain all the different purposes that beef will answer; for *relevés, entrées, terrines:* I shall then proceed to treat of veal; and subsequently of every other kind of materials.

| | 1. | 2. | 3. | 4. | |
|---|---|---|---|---|---|
| *Beef.* | *Entrées.* | *Terrines.* | *Relevés.* | *Hors d'Œuvres.* | |
| *Veal.* | Do | do | do | do | |
| *Mutton.* | Do | do | do | do | 5. |
| *Lamb.* | Do | do | do | do | *Rôt.* |
| | 1. | 2. | 3. | 4. | 5. |
| *Pork.* | *Entrées.* | *Relevés.* | *Hors d'Œuvres.* | | |
| *Fowls.* | Do | do | do | *Rôt.* | *Salades.* |
| *Fat Pullets.* | Do | do | do | do | do |

| | | | |
|---|---|---|---|
| *Common Fowl.* | *Entrées;* the fillets only are made use of. | | |
| *Pigeons.* | *Entrées.* | *Rôt.* | |
| *Partridges.* | Do | do | *Salades.* |
| *Woodcock.* | Do | do | |
| *Snipe.* | Do | do | |
| *Quails.* | Do | do | |
| *Larks.* | Do | do | |
| *Plovers.* | Do | do | |
| *Turkeys.* | Do | do | *Relevés.* |
| *Geese.* | | do | do |
| *Ducks.* | Do | do | |
| *Wild Duck.* | Do | do | |
| *Hare.* | Do | do | |
| *Rabbits.* | Do | do | |
| *Fish.* | Do | do | *(en maigre) Relevés.* |

When I shall have explained the manner of dressing the *entrées, relevés,* &c. I shall refer for the proper sauce to the chapter of sauces, wherein they will all, or nearly all be explained, pursuant to the method practised in Paris, or at Versailles, in the kitchens of the Royal Family. I intend, moreover, to indicate the manner of making them, which I have contrived since I have been in England, from which I have derived expedition, economy, and I may make bold to affirm, great improvement in point of savour.

This work, notwithstanding the utility it might be of in Paris, is more particularly intended for England. I shall introduce not only such apple-sauce, bread-sauce, &c. sauces for fish

as are not known in France, but also the manner of dressing fish *en maigre*, for those persons who are Roman Catholics.

Those vegetables that are used as garnish to the *entrées*, and *relevés*, will be found among the sauces; and those that are intended for *entremets* in their proper place, when mention will be made of the proper time of the year to send them up to table.

The *entremets sucrés* such as *Suédoise, Charlotte, pommes au ris, chartreuse de fruit, pannequet, beignets, soufflés, poudings, mirotons de pommes, croquettes de ris, croquettes de pomme de terre*, &c. &c. &c. and in general what is not the department of the pastry-cook, will be mentioned in the chapter of *entremets sucrés*, together with the creams.

The jellies for both summer and winter, will be treated of in a particular chapter.

Pastry will be treated of under a distinct head; so that such persons as should have a grand dinner to serve up every day, would seldom send up to table the same articles by following the method which I shall prescribe.

Suppose there are eight persons at dinner. You cannot send up less than four *entrées*, a soup, and a fish. Now as a remove to the two latter, you must have two removes, *viz.*

two dishes of *rôt*. Next four *entremets*, and if you should think proper two removes of *rôt*. You make your bill of fare, chusing out of each chapter whatever you may want, namely, a soup, a fish, two removes, four *entrées*; by which must be understood one article out of the chapter that relates to "mutton or lamb;" one out of the article "veal," two at that of "*poulets gras*," with this proviso, however, that no two *entrées* are to be alike either in shape, colour, or taste.

For the second course you must act upon the same principle.

The *rôts* will be found in the chapter of *rôts*, and according to the particular season of the year: neither must they bear any resemblance with each other. With regard to the *entremets*, in summer time you will select two amongst the vegetables, one amongst the jellies and the other out of the chapter *pâtisserie* (pastry), as for instance:

BILL OF FARE FOR A DINNER OF FOUR ENTRÉES IN SUMMER TIME.

*First Course.*

Le Potage printannier.
Les tranches de cabilleau, sauce aux huîtres.

2 *Relevés.*

La poularde à la Montmorencie.
Le jambon de Westphalie, à l'essence.

*4 Entrées.*

La fricassée de poulets aux champignons.
Les cotelettes d'Agneau sautés, sauce à la Macédoine.
Le sauté de filets de poulets gras, au suprême.
Les tendrons de veau glacés aux laitues, à l'essence.

*2 Dishes de Rôt.*

Le chapon.
Les cailles.

*4 Entremets.*

Les pois à la Françoise.
La gelée de fraises.
Les asperges en bâtonets.
Les puits d'amour garnis de marmalade.

*2 Remove of the Rôts.*

La tart de groseilles rouges.
Le soufflé au citron.

*(Here comes in the first Plate.)*

ANOTHER BILL OF FARE WITH FOUR ENTRÉES IN SUMMER TIME.

*First Course.*

Le potage à la purée de pois verds.
Les tranches de saumon, sauce au homard.

*2 Relevés.*

Les poulets gras à l'écarlate, au velouté.
La selle de mouton rôti.

*4 Entrées.*

Les petits pâtés à la béchamelle.
Le fricandeau glacé à la purée de céleri.
Les paupiettes de filets de solles marbrées à la ravigotte.
Les cotelettes de filets de pigeons aux petits pois.

## First Course.

Le Potage Printannier,
relevé
avec La Poularde
á la Montmorenci.

Fricassée
de Poulets,
aux
Champignons.

Cotelettes
d'agneau
sautés, sauce
á la Macédoine.

Dormant
or
CENTER
Stationary
*Dish.*

Tendons
de Veau
au laitues
á l'essence.

Filets de
Poulets gras
sautés,
au supréme.

Le Poisson,
relevé
par le Jambon de Westphalie,
á l'Essence.

## Second Course.

Cailles,
relevées
avec un
Soufflé.

Les
Petits Pois
á la
Française.

Petits puits
d'Amour,
garnis de
confitures.

Dormant
*du*
Milieu.

La Jelée
de
fraizes
framboisée.

Grosses
asperges,
en
batonnets.

Chapon,
relevé
avec une
Tarte.

Jones sculp. 12, Ryders Court, Leic. Fs.





2 *Plats de Rôt.*

Les deux petits canards nouveaux.
Le levreau.

4 *Entremets.*

Les artichaux frits.
Les choufleurs au velouté.
Le pain d'abricots.
Les gâteaux à la Manon.

From the above statement it will be easy to make a bill of fare of four, six, eight, twelve, or sixteen *entrées*, and the other courses in proportion. For the convenience of those persons who wish to have a bill of fare presented to them according to the English way, I shall introduce some of from four to sixteen dishes; observing, in the mean time, that whenever there are more than four *entrées*, symmetry must always be attended to. The two flanks, for a dinner of six *entrées* must be parallel, that is to say, that if you place *petits pâtés* on one side, you must have *croquettes* on the other; if you have a *vol au vent* on one side, you must place a *pâté chaud* opposite, and so on; a judicious arrangement of dishes giving additional merit to a dinner.

The second course requires also a different arrangement when you have more than four *entrées*.

At the two flanks you must have two dishes of vegetables, if approved of, and at the four corners a jelly, some pastry, a lobster, or sallad, &c. &c. If directed otherwise, you may put two *sucrés* between the two flanks, two dishes of vegetables, one at each opposite corner, shrimps and a sallad at each other corner.

BILL OF FARE FOR NOVEMBER OR DECEMBER.

*Six Entrées.*

*First Course.*

*2 Potages.*

Le potage à la bonne femme, dit Flamande. White.
Le potage à la Beauveau. Brown.

*2 Poissons.*

Le turbot, sauce au homard.
Le dorey garni d'éperlans frits.

*2 Relevés.*

Le dindon à la Périgueux, purée de marons.
Le cuisseau de porc à demi sel, garni de choux.

*6 Entrées.*

Les cotelettes de mouton à la Soubise.
Le salmi de perdreaux à l'Espagnole.
Le vol au vent d'escalopes de cabilleau à la crême.
La casserole au ris d'un hachi de gibier au fumet.
Les escalopes de filets de lapreaux à la conti au truffes.
Les cotelettes de filets de poulets gras en épigramme.

*2 Plats de Rôt.*

Les becasses.
Les perdreaux.

*Soupe*
*á la Bonne Femme,*
*relevée avec le Turbot,*
*relevé avec le*
*Dinden á la Périqueux.*

*Cotelettes*
*de Mouton*
*á la*
*Soubise.*

*Salmi*
*de perdreaux*
*á*
*l'Espagnole.*

DORMANT
du
MILIEU.

*Vol au vent*
*d'Escalopes*
*de*
*Cabilleau*
*á*
*la Crême.*

*Casserolle*
*au ris*
*d'un hachi*
*de*
*Gibier*
*au fumez*

*Escalopes*
*de filets*
*de lapreaux,*
*á la conti.*

*Cotelettes*
*de filets de*
*poulets gras,*
*en Epigramme.*

*Soupe*
*á la Beauveau,*
*relevée*
*avec le Dorey,*
*relevé avec le porc.*





*Quatre*

*becasses.*

*Les*
*truffes entieres,*
*au vin de Champagne*
*dans une serviette.*

*La*
*Jelée de vin de*
*Madere,*
*garnie de jelée*

DORMANT

du

MILIEU.

*Les*
*Épinards*
*au*
*consommé,*
*garnis*
*de croutons.*

*Les*
*Cardons*
*d'Espagne,*
*á la*
*moelle,*
*á l'essence.*

*Les gateaux*
*á la Polonaise,*
*garnis*
*de confitures.*

*La*
*Salade*
*de*
*deux Homards.*

*Quatre*

*Perdreaux.*

6 *Entremets.*

Les épinards au consommé, garnis de croutons.
Les cardons d'Espagne, à la moelle à l'essence.
Les truffes entières au vin de Champagne, dans une serviette.
La salade de homard dressée.
La gelée de vin de Madère garnie de gelée hachée.
Les gâteaux à la Polonoise.

*(Here comes in the second Plate.)*

BILL OF FARE FOR DECEMBER AND JANUARY.

8 *Entrées, and* 4 *relevés, or* 10 *entrées and* 2 *relevés.*
The *potages* and fish, superseded by the 4 *relevés.*

2 *Potages.*

Le potage à la reine. La Brunoise au consommé clair.

2 *Poissons.*

Le turbot, garni d'éperlans. La matelotte de carpes à la royale.

2 *Relevés des bouts.*

Les poulardes à la Condé ragoût à l'Allemande. Le jambon de Westphalie à l'Espagnole.

8 *Entrées.*

Les filets de perdreaux sautés à la Lucullus.
Les petites timballes d'un salpicon à la Monglas.
Les croquettes de filets de volailles au velouté.
Les filets mignons de poulets gras à la Pompadour, Italienne blanchée liée.
Les perdreaux à la Barbarie, Italienne aux truffes. Three in number.
Les petits poulets à la reine. Aspic liée, pluches de persil. Two of these.
Les cotelettes de porc à la Mirepoix, Espagnole.
Le carré de veau à la Chalons, haricots vierges.

4 *Plats de Rôt.*

Les bécassines. Les sarcelles.
Le lièvre. Les poulets gras, un piqué.

8 *Entremets.*

Les salsifis à la sauce blanche.
Le maccaroni à l'Italienne, garni de croutons de patisserie.
Les œufs brouillés aux truffes, garnis de croutons frits au beurre.
Les pommes de terre à la maître d'hôtel, coupées en liards.
Les darioles à la crême.
Les canapés garnis de marmalade d'abricots.
La gelée de vin de Madère, décorée.
Le pain de framboises, à la glace.

4 *Relevés de Rôt.*

Les fondues au fromage de gruyère.
Les ramequins.
Les biscuits à la crême.
Le soufflé à la fleur d'orange.

*(Here comes in the 3d Plate.)*

BILL OF FARE FOR JANUARY AND FEBRUARY. 12 ENTRÉES.

*First Course.*

2 *Potages* and 2 *Terrines.*

Extremities. { Le potage à la reine. / Le potage à l'Allemande.
Flanks. { Le maccaroni à l'Italienne. / La queue de bœuf en haricots bruns.

4 *Poissons.*

Le turbot à l'eau de sel, sauce au homard.
Les tranches de cabilleau, sauce aux huîtres.
Le brochet panné et farci au four Hollandoise.
Les merlans pannés et frits, sauce aux crevettes.

*Potage á la Reine,*
*relevé*
*d'une longe de Veau,*
*en Surprise.*

*Petites*
*limballes*
*d'un Salpicon*
*á la Monglas*

*Filets de*
*Perdreaux,*
*sautés*
*á la Luculus.*

*Trois*
*Perdreaux*
*á la Barbarie,*
*Italienne.*

*Carre de Veau*
*á la Châlons,*
*Harricots,*
*Vierges.*

DORMANT

du

MILIEU.

*Turbot*
*garni*
*d'éperlans,*
*relevé*
*de deux*
*Poulardes*
*á la*
*Condé.*

*Matelotte*
*á la*
*Royale,*
*relevée*
*d'un Jambon*
*de Westphalie*
*á*
*l'Espagnole.*

*Cotelettes*
*de porc*
*á la Mirepoix,*
*á l'Espagnole.*

*Deux Poulets*
*á la Reine, Aspic*
*liée, & pluche*
*de persil.*

*Filets mignons*
*de Poulets gras*
*á la Pompadour,*
*Italienne.*

*Petites croquettes*
*de filets de*
*Volailles, au*
*Velouté.*

*Potage á la Brunois,*
*relevé*
*d'une Selle de*
*Mouton.*





Becassines, relevées d'un Soufflé á la fleur d'Orange.

Salcifis, á la sauce blanche.

Maccaroni á l'Italienne garnis de patisserie.

Dariolles á la Crême.

Jelée de vin de Madere.

DORMANT du MILIEU.

Un Liévre, relevé avec des fondues.

Deux Poulets gras, un piqué relevés avec des ramequins.

Pain de Framboises, á la Glase.

Canapé, garni de Marmelade.

Euts brouillés aux truffes, garnis de croutons de pain frits.

Pommes de terre á la Maître d'Hotel coupées en liards.

Sarcelles, relevées par les Biscuits á la Crême.

4 *Relevés de Poissons.*

Le filet de veau rôti.
La culotte de bœuf à la flamande.
Le dindon rôti, chipolata.
Le cuisseau de porc braizé, aux épinards.

12 *Entrées.*

Les petites casserolettes au ris, émincé de poulard.
Le turban de filets de lapreaux à l'Espagnole.
Les escalopes de filets de poulardes aux truffes.
Les filets de solles sautés à la ravigotte.
Les petits pâtés à la Nesle, en timballes.
Les perdrix aux choux, dressées à l'essence.
Les petites caisses de foie gras à la Dusselle.
La grenade de filets mignons de poulets gras, à l'Allemande.
Les cotelettes de filets de perdreaux au fumet.
Les attelets de ris de veau à l'Italienne.
Les petits pâtés aux huîtres vertes à la Sefton.
La chartreuse d'un salpicon de palais de bœuf.

SECOND COURSE.

4 *Plats de Rôt.*

La poularde au cresson.
Les lapreaux.
Le caneton.
Les bécasses.

12 *Entremets.*

Les épinards à la crême.
La crême au caffé, blanche.
La sultane, dans un vol au vent.
Les petites lozenges garnies de confitures.
La gelée de vin d'Espagne.
Les salsifis frits.
Les navets glacés, en poires de rousselet.
La crême au chocolat.
Les meringues, garnies de chantilli.
Le buisson melé de Genêvoise en gimblettes.

Le fromage à l'Italienne, au marasquin.
La chicorée à la crême, et des œufs pochés.

4 *Relevés de Rôt.*

2 Plats de fondue.
1 De talmouses.
1 Flanc picard.

I have not brought forward four *potages* in the above bill of fare; because the choice of articles rests with the cook himself, who may serve up a good dinner without adhering to the very same dishes I have selected, or rather mentioned, as it were at random, in the said bill of fare, or any other under-mentioned. Yet I think it would be useless to go beyond sixteen *entrées*; for the multiplicity of dishes may easily be made out. I shall only observe that with twenty *entrées* the counter-flanks must exhibit copious *entrées*; and that for the second course, must be introduced what we call *moyens d'entremets*, such as *brioches*, *gâteaux de compiegne*, *babas*, and two articles erected according to the fancy of the pastry-cook. Eight large pieces are not requisite when there are only twenty *entrées*; but if you have to send up four and twenty, and of course thirty-two *entrées*, those huge pieces then are indispensible. Whenever a dinner consists of more than eight *entrées*, it is impossible for any cook, to dress them without

Potage á la Cressi;
relevé par un Turbot,
relevé par une Culotte de Bœuf
á la Flamande.

Casserolle
au ris émincé
de volailles,
au velouté.

Petits
Pâtés
aux
huitres.

Le Turban
de filets de
lapreaux á
l'Espagnole.

Perdrix
aux choux,
dressés
á l'Essence.

Escalopes
de filets
de Poulardes
aux truffes.

Filets de
Soles sautés,
á la ravigotte
blanche.

VASE VASE

DORMANT DU MILIEU.

With Room enough for Utensils
& a Vase at each corner.

VASE VASE

Terrine de
queue de Bœuf
en Harricot,
relevé par les
Merlans frits,
relevés par
le Dindon en
Chipolata.

Terrine
relevée par
un Brochet
au four;
relevé par
un filet
de
Veau Roti.

Attelets
de ris de
Veau, á
l'Italienne.

Cotelettes
de filets de
Perdreaux au
fumez clair.

La Chartreuse
d'un Salpicon
de palais
de Bœuf.

La grenade de
filets, mignons
de poulets gras
á l'Allemande.

Petits
Pâtés á la
Nesle, en
timballes.

Petites
caisses de foies
gras,
á la Dufselles.

Potage á l'Allemande;
relevé par les tranches de Cabilleau;
relevé par le Cuisseau de Porc,
aux épinards.



La Poularde, relevé par le Flan Picard.

Les épinards á la crême, garnis de croutons.

Les navets, en poire de Rouſselet.

Les Méringues, garnies de Chantilli.

La Sultane

La Crême au carré, blanche.

La Jelée de vin d'Espagne.

VASE VASE

DORMANT du MILIEU,

(Four Vases &c as before)

VASE VASE

Les Lapreaux de garenne, relevés par des Fondues.

Les Perdreaux relevées par des Fondues.

Le Fromage á l'Italienne á la glace.

La créme au chocolat, en Petits Pots.

Les Petis Lozenges, garnies de confitures.

Le Buiſson de Genévoise en gimblettes.

Les Salsifits frits, garnis de persil.

Les Canetons, relevés par les Talmouses.

Les Œufs pochée, á la chicorée, au velouté.

assistants, unless he sends up to table very common dishes.

*(Here comes in the last Plate.)*

A DINNER OF SIXTEEN ENTRÉES, AND EIGHT LARGE JOINTS, FOR JULY AND AUGUST.

4 *Potages.*

Les nouilles au consommé lié.

La Julienne.

Le ris à la purée de navets.

La jardinière au bouillon clarifié.

4 *Poissons.*

Le turbot garni d'éperlans frits sauce au homard.

La truîte saumonés à la Genêvoise.

L'esturgeon à la broche, poivrade d'esturgeon.

Les tranches de cabilleau, sauce aux huîtres.

4 *Relevés de Potages.*

L'alloyau à la godard, garni d'innocents.

La longe de veau à la crême, blanquette.

Le rost-bif d'agneau piqué à la broche.

La selle de mouton rôtie, ou la venaison.

4 *Relevés de Poissons.*

Le chapon à la villeroi, ragoût à la royale.

Le jambon braizé aux petites fêves de marais.

Le pâté chaud de légumes.

La poularde à la crême, garni de témoins.

16 *Entrées.*

Le pâté chaud à la financière.

Les boudins à la reine, au velouté.

Les cotelettes d'agneau à la maréchale, Italienne.

Le sauté de filets de poulets à l'écarlate, au suprême.

Les escalopes de lapreaux, aux petits pois.

Les grenadins de veau à la Macédoine.

Les filets de solles à la Orlie, poivrade liée.

Les petites bouchées de filets de vollaille à la béchamelle.

Les petits pâtés à la Mazarine.

Les rissoles d'une farce fine de lapreaux.
Les ris de veau à la Dauphine, à la chicorée.
Les filets de maquereaux à la maître d'hôtel à la crême.
La blanquette de filets de poulardes, aux concombres.
Les paupiettes de palais de bœuf au gratin.
Les boudins de lapreau à la Dreux.
Le vol au vent de petites quenelles au velouté.

8 *Plats de Rôt.*

Le chapon au cresson. Les poulets gras, un piqué.
Les pigeons de volière. Les cailles bardées avec des feuilles de vigne.
Les canards nouveaux. L'oye nouvelle.
Les lapreaux de garenne. Les dindoneaux, sauce au pauvre homme.

16 *Entremets.*

Les petits pois à la Parisienne.
Les artichaux à la Barigoule.
La gelée de fraises framboisées.
Le pain d'abricots à la glace.
La salade de volaille, à l'Italienne.
Les crevettes en buisson.
Les petites cocardes garnies de confitures.
Les haricots verds à la poulette.
Le miroton de pêches, au vin de Madère.
Le fromage à l'Italienne, décoré,
La mayonaise, dans un moule à aspic.
Les homards dressés et cassés.
Les pains à la duchesse.
Les gâteaux à la Madeleine.

8 *Relevés des Rôts.*

2 Plats de fondues. 2 Plats de raméquins.
2 Plats de biscuits à la crême. 2 Plats de souffe, au citron, ou 2 tartes de fruit nouveau, dameson, &c.

*Potage aux nouilles, relevé par l'Alloyau á la Godard.*

*Petites bouchées á la Béchamelle*

*Vol au vent de quenelles au velouté*

*Boudins de lapreaux á la Dreuille.*

*Rifsolles d'une farce fine de lapreaux*

*Pâté Froid de Faisants, aux truffes.*

*Truite sammonée, relevé d'une poularde á la crême*

*Tranches de cabillaud, relevés par le pâté chaud de léquines*

*Cotelettes d'Agneau á la Maréchale, Italienne.*

*Paupiettes de Palais de Bœuf, en gratin*

DORMANT du MILIEU, de la TABLE.

*Les escalopes de lapreaux aux petits poix, garnis de croutons.*

*Blanquette de poulards aux concombres, garni de filets mignons*

*Potage á la Jardiniére relevé avec la Selle de Mouton rotie, ou une hanche de Venaison.*

*Potage a la Julienne, relevé d'un Roast Beef d'Agneau piqué sur les filets & sur les deux cuisses*

*Sauté de filets de poulets á l'écarlate, au suprême*

*Filets de maquereaux á la Maître d'Hotel á la crême*

*Ris de veau á la Dauphine, á la Chicorée*

*Les Petits grenadins glacés, á la Macédoine*

*Turbot, relevé d'un chapon á la Villeroi*

*Pâté de Poularde, au Jambon.*

*Esturgeon, relevé avec le laubon, sur têtes de marais.*

*Les filets de colins á la Orlie, poivrade liés*

*Les Boudins á la Reine au velouté*

*Le pâté chaud á la financiére*

*Potage au ris, relevé par une longe de Veau á la crême.*

*Petits Pâtés á la Mazarin*

*The* Potages *at the extremeties & on the flanks & the* Poissons *on the counterflanks.*

Jones sculp 12 Pyde



I have not mentioned the second course for the above dinner; as it is known that there are to be the same number of dishes, as in the first course. There must also be two *plats de rôt* at the extremities, two on the flanks, and the *petits rôts* at the counter flanks. If you have assistants enough to make some *pièces montées*, they are to be placed on the counter-flanks.

I have added two *pâtés froids*, which are likewise served at grand dinners. I like them to be sent up to table with the first course, and there to remain during the second. Numbers of people like these *pâtés froids;* but if they were not served up with the first course, their appetite being gone, they could not eat of them. They are not at all in the way, but improve the look of the table.

*N. B.*—The *pâtés* may be either of game or fowl.

In France, between the *dormant* (centre stationary dish) and the *entrées*, it is customary to place *hors-d'œuvres*, viz. sallads of anchovies, *canapés*, sallad dishes filled with lemons, bitter oranges, butter, radishes, turnip radishes, of figs in autumn, what we call *hors-d'œuvres de cuisine*, such as *saucisses*, *boudins*, &c. &c. which indeed give a good appearance to a table. In England it is not customary to serve *hors-d'œuvres*, as in very few houses, they keep a

confectioner, and that the *hors-d'œuvres* belong to his department.

Military tactics, fortification, music, dancing, and millinery, &c. being of foreign extraction, most of the words relative to the said arts or sciences have necessarily retained their original appellation. It must not be wondered at, therefore, if in this work I have made use of the original, or native expressions. The name of the various dishes is a matter of course, which requires no more explanation, than *roast beef*, or *plum pudding*, *welsh-rabbit*, or *muffins*, &c. do in France. *Marquer*, *masquer*, *sauter*, &c. &c. have a particular meaning, but are such technical words as cannot be translated properly, for which reason they will frequently be met with. Suffice it to say that, *Marquer* signifies to put in a stew-pan or *sauté* pan, whichever you use. *Sauter*, is when you put the *sauté* pan on the stove with the contents. *Masqué*, is when you are to put the sauce over the meat, &c.

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## *ADVICE TO COOKS.*

Cooking is a singular science requiring a great deal of time, intelligence, and activity to acquire it in its perfection; great experience is necessary to practise it as a chief professor. There are very few *good* cooks, though there is a great number who *call* themselves so. This disproportion of talent among them is the cause of the little respect in which they are held; for if they were all provided with the qualities necessary, they would certainly be considered as artists.

What science demands more study than cooking? You have not only, as other arts require, to satisfy the eyes; but by how many means are you bound to satisfy the persons who employ you? The economy which every one demands; the different taste of persons at the same table; the difficulty of procuring things which are necessary; the want of unanimity among the servants of the house; the unlimited confidence sometimes given to persons who are not capable of giving orders in the kitchen, without giving themselves airs, which are almost always out of reason, and which often discourage the cook. In fact, a thousand observations, too tedious to detail, render this employment very laborious and little honored. Nevertheless, if you are extremely clean, if you are very sober,

and have, above all, a great deal of activity, you succeed one day or other in acquiring that confidence, which these qualities always inspire. You have not the power, as others have, to put off till another day; the work must be done at the appointed time: be careful then, to have every thing ready for your work always by the time it is required, and, above all, without noise or confusion.

Although you ought not to be regarded merely as a servant, you have still a duty to fulfil; you are obliged to serve at the *precise hour*, to anticipate all that can give pleasure to your employer, to have every thing ready which he has forgot to order, to watch strictly over those in your department.

If you confide any thing to persons under your control, be careful always to have it done under your eye, that you may be able to answer for the fault if there be any. It often happens that the company who dine together have not the same taste; try as much as possible to furnish them with what they like, and above all, make no objections to change any dish which is not approved of. Were you even the best cook in the world, if you are obstinate in your old routine, without seeking to please those who employ you, you will merely exist without acquiring either reputation or fortune. Great cleanliness is requisite in the utensils you employ: you ought never to

trust but to yourself the examination of the copper utensils of the kitchen, which are very dangerous. You ought, every time you use a stew-pan or other utensil, to see that it has been well scoured and clean. The scullery girls scour their utensils on the outside and scarcely ever give themselves the trouble to scour the inside, from which it will happen that this want of observation will spoil the taste, and that the persons who eat what has been cooked in dirty vessels are often exposed to colics and other maladies without knowing the cause. It is to a good broth you must confide for good sauces. If you have trusted this part of cookery to persons who have been negligent, and that your broths have not been well skimmed, you never can succeed. Your broths are never clear, you are obliged to clarify them: any thing clarified loses its flavor. Clarifying is only good for things which are highly seasoned; such as aspics, jellies of pies: and these are what, in general, require to be clarified. A broth well made, saves you a great deal of trouble, for it would be ridiculous in a small dinner to make first a great *bouillon* or broth, then a "*consommé*," then an "*empotage*," &c. When you have charged your stockpot with the articles indicated in the chapter which treats of it, the same broth will serve you to make your soup, a

little white sauce or brown; for economy is more necessary than ever, seeing the dearness of every thing used in the kitchen. You should have great care to take off the fat and skim your soups and sauces infinitely. The smallest bit of grease is insufferable, it indicates bad cookery and a cook without method. The "*cuissons*," the "*braizes*," the "*broiling*," are things which require the greatest attention. The theory of the kitchen is trifling, but its practice is extensive. Many persons talk of it and yet know nothing about it: for instance, "*l'Almanac des Gourmans*," and "*La Gastronomie*," a poem on the subject of cookery, without treating of it; works only fit for the chaplain's servant, and containing nothing that can give you an idea of the science in its perfection.

There exists in France a mode of instructing cooks which cannot be practised here in England. For example, in the houses of the Royal Family of France there were different departments: the "*soups*," the "*sauces*," the "*entrées*," the "*cuissons*," the "*broilings*," the "*entremets*," the pastry, the roasts, the larder, &c. &c. for each of these departments there were cooks and assistants, who passed alternately to each of these different branches; except the roasts and pastry, which were constantly under the direction of the same persons.

As each person passed every week in his turn in these different branches, each person could not fail learning the principles of cookery. Nevertheless there are persons who were very clever in *one* department who were horribly stupid in another. Sauces were not confided but to experienced persons, as they are the most difficult parts of cookery; but when I worked upon extraordinary occasions in the royal kitchen, I passed through every department, so that, I flatter myself, I know the science of cookery from principle. One difficulty in cooking is the name of the "*entrées*," the "*entremets*," &c. Cooks seldom agree upon this point. Some names owe their origin either to the cook who invented them, or the first epicure who gave them a reputation. I confess there are some ridiculous names; for instance, "*soupe au clair de lune*," "*soupe à la jambe de bois*," "*la poularde en bas de soie*," and many other names still more ridiculous, which I shall certainly not mention in my treatise. "Her Majesty's soup," "puddings *à la Richelieu*," "a fowl *à la Villeroy*," "sweetbreads *à la Dauphine*," &c. &c. are names which are fluent and sonorous. *Béchamelle* owes its name to a rich financier who was a great epicure. I am surprised not to find in cookery the names of those who have given a celebrity to science, such as

Apicius, Lucullus, Octavius, and those who patronized it under the reign of Louis the XIVth. Voltaire says in his "*Mondain*," "that a cook is a divine mortal." Why should we not glorify ourselves in our knowledge of cookery? It is the soul of our pleasures in all times, in all ages. How many marriages have been the consequence of a meeting at dinner? how much good fortune has been the result of a supper? At what period of life are we happier than at table? There hatred is lulled to sleep and pleasure reigns. It is at table that an amiable lady or gentleman shines in sallies of wit, where they shew the ease with which they perform the honors of the table. Here the cook, by his skill and attention, anticipates their wishes in the happiest selection of well dressed dishes. Here their wants are satisfied, their minds and bodies invigorated, and themselves are qualified for the high delights of love, music, poetry, dancing, and other pleasures. And is *he*, whose talents has produced these happy effects, to rank no higher in the scale of man than a *common servant?* Yes, my friends, adopt the rules I have laid down, and by these attentions the self-love of mankind will consent at last, that Cookery shall rank in the class of the sciences, and its professors deserve the name of *Artists*.

THE

# FRENCH COOK.

## CHAPTER I.

### SAUCES, BROTHS, AND CONSOMMÉS.

#### N° 1.—*Le Grand Bouillon.*

TAKE part of a breast or of a rump of beef, with some of the *parures.* Put the meat into a *marmite* with cold water. Set it on the fire, and watch the proper moment to skim it well. If this broth is not clear and bright, the other broths and sauces will also be spoilt. Be particular in skimming off the black scum; pour a little cold water into the above to raise up the white scum. When all the scum has been skimmed off, put in a few carrots, turnips, heads of celery, and leeks, four large onions, one of which is to be stuck with cloves; then throw a handful of

salt into the *marmite*, and let the whole simmer for five hours. Drain the broth through a cloth, or a double silk sieve. Lay the piece of beef in some liquor of *braize*, if you have any, to improve its savour. This *grand bouillon* serves to *mouiller* (moisten) all other broths, which are termed *marmites*.

### N°. 2.—*Grand Consommé.*

Mark in a *marmite* a large piece of small round of beef, with a knuckle of veal, and the other bones of the leg, according to the quantity of sauce you may want to make. Put likewise the *parures* of a neck of veal. This *marmite* will admit all manner of veal or poultry. Let the meat sweat over a gentle fire. *Mouillez* with about two large ladles full of *grand bouillon*; put no other vegetables in this *marmite*, except a bunch of parsley and green onions. Let them sweat thoroughly; then thrust your knife into the meat; if no blood issues it is a sign that it is heated through. Then moisten it with boiling *grand bouillon*, and let it boil for about four hours. You use this *consommé* to mark the sauces, or the *consommés* of either poultry or game. Skim off the grease and scum of all the various *marmites*, and keep them full, in order that the broth should not be too high in colour.

## N° 3.—*Consommé of Poultry.*

Beef is no longer required in *consommés* either of poultry or of game. Put a few slices of ham in the bottom of a *marmite* or of any other vessel, likewise some slices of veal. In France we generally take the *sous noix* and the *contre noix*. Lay over the veal the loins of fowl and some *parures*. Then *mouillez* about two inches deep with *grand consommé*, and let it sweat on a fire so confined that the blaze may not colour the circumference of the vessel. When the meat is heated through, cover the meat with *consommé*; season it with mushrooms, a bunch of parsley and green onions, and let the meat boil, till it be done properly. The broths are more savoury and mellow when the meat is not overdone. Drain the *consommé* through a silk sieve, to use it when wanted.

## N° 4.—*Consommé of Game.*

If you are to send up *entrées* of partridges, you must have prepared a *consommé* of partridges. Mark in a stew-pan a few slices of veal, the backs, &c. of partridges to be laid over. If you *mouillez* with a *consommé* containing ham, there is no occasion to put in any more; if not, a few slices of ham will not be amiss. If your *entrées* are *aux truffes*, add the *parures* of your

truffles and a few mushrooms. When your *consommé* is sufficiently done, drain it through a cloth, or silk sieve, and use it when you have an opportunity.

### N° 5.— *Consommé of Rabbits.*

Mark the various *consommés* with the bones and *parures* of rabbits. Do the same as for a *consommé* of partridges; put in truffles if your *entrées* be *aux truffes.*

### N° 6.—*Blond de Veau.*

Mark a few slices of Westmoreland ham (the lean only) in a pretty thick stew-pan. Lay over them pieces of *sous de noix* or *contre noix* of veal. You may also use some rump of veal. Pour into the stew-pan a sufficient quantity of *grand consommé* to cover about half the thickness of the meat. Let it sweat on a stove, over a brisk fire. Watch your stew-pan and the contents. When the broth is reduced, thrust a knife into the meat that all the gravy may run out; then stew the sauce somewhat more gently. When the whole is absolutely *à glace,* you must let your *blond de veau* stew till of a light brown, but take care it does not burn, to prevent which you put it on red hot ashes. Keep stirring your stew-pan over the fire, in order that the *glace*

may be all of the same colour. Turn the meat upside down, that it may not stick. When your *glace* is of a dark red colour, *mouillez* with some hot broth; let the *glace* detach before you put the stew-pan on the fire, for it might still burn. Season with mushrooms and a bunch of parsley and green onions. When your *blond de veau* has boiled for an hour, it is done enough. Take off the grease, and drain through a silk sieve.

## N° 7.—*Jus de Bœuf.*

Trim, with layers of bacon, the bottom of a thick stew-pan; cut four large onions by halves, lay the flat part over the bacon; take a few slices of beef, the *noix* or the *sous noix* are the parts that are used in preference; mark them in the same manner as in the *blond de veau*, *mouillez* with the *grand bouillon* only. Let this sweat in order to get all the gravy out of the beef, and when the broth is reduced, thrust a knife into the meat; let it stew gently on a slow fire, till the gravy be of a light brown, without burning. Next *mouillez* with some *grand bouillon*, throw in a large bunch of parsley and of green onions, a little salt and pepper corn. Let the whole boil for two hours; take the fat off, and drain it through a silk sieve, to use it when wanted.

## N° 8.—*L'Aspic.*

TAKE a handful of aromatic herbs, such as burnet, chervil, and tarragon. Boil those herbs in white vinegar; when the vinegar is well scented, pour into your stew-pan some *consommé de volaille* reduced; season well before you clarify. If your *aspic* is high seasoned, break the white of four eggs in an earthen pan, which beat with an osier rod; throw your *aspic* into those whites of eggs, and put the whole on the fire in a stew-pan; keep beating till your jelly gets white, it is then very near boiling. Put it on the corner of the stove, with a cover and a little fire on the top of it. When quite clear and bright, drain it through a bag or sieve, to be used when wanted.

*N. B.* If you should want to use it for a *mayonaise*, or as a jelly in moulds, you must make certain of its being stiff enough. If it be not, put more, either a knuckle of veal or a calf's foot; which put into a small mould in ice, for trial; when you may ascertain whether it may be used in large moulds, which, it is to be observed, require the jelly to be quite firm, you must use more of those parts that have nerves about them.

## N° 9.—*Jelée de Viande, for Pies.*

THE *jelée de viande* for pies, is not to be pre-

pared in the same manner as the *aspic*. Neither aromatic herbs or vinegar are to be used. The *jelée* is to be marked as follows: In a *marmite* put a good piece of round of beef, two calf's feet, a few slices of veal, remnants of fowl, or game, according to the contents of your pies, two onions stuck with cloves, two carrots *tournées*, four shalots, a bunch of parsley and green onions, some thyme, bay leaves, spices, &c. and a small piece of ham. Sweat the whole, then moisten with some good broth, let the *marmite* be covered close, and those ingredients stew for four hours, but very gently. When done, taste it, season it well, and clarify it as you do the *aspic*. In order that it may keep the better, put it in the ice.

## N° 10.—*Le Suage, or l'Empotage.*

Mark in a *marmite* twenty pounds of beef, a knuckle of veal, a hen, and if you have any remnants of fowl or of veal, you may put them in likewise. *Mouillez* this *marmite* with two large ladles full of broth. Sweat it over a large fire. Let it boil to *glace* without its getting too high in colour. Next fill it up with some *grand boullon* that is quite hot. Put some vegetables into this *marmite* which is intended for making soup only. But you must put very few in the *consommés*

which are to be reduced, and would have a bitter taste, if they were to retain that of the roots, and accordingly not be fit to be used in delicate cookery. *L'empotage* requires no more than five hours to be done; drain it through a silk sieve, and use it when you have occasion.

### N° 11.—*Le Consommé clarifié*

Is to be clarified as specified for the *aspic*, and *jelée de viande*. You must not forget that, such articles as are to be clarified require more high seasoning than others.

### N° 12.—*Le Jus clair*

Is to be clarified with whites of eggs, or *blond de veau*, or *jus de bœuf*. The *blond de veau* however is more mellow, and better suited for the table of the great. The *jus de bœuf* may do for private families of the middle class.

### N° 13.—*Le Bouillon de Santé.*

Mark in an earthen *marmite* six pounds of round of beef, one half of a hen, and a knuckle of veal. *Mouillez* with cold water. Let it boil so that the scum only comes up by degrees, and that the broth may be quite clear and limped. When you have skimmed your *marmite*, throw into it two carrots, two leeks, and a head of

celery, two onions stuck with three cloves, three turnips, and a parsnep. Let the whole simmer gently for four hours. Then put a little salt to it, and skim off the grease or fat before you serve up.

### N° 14.—*Roux blanc.*

Put a good lump of butter in a stew-pan, let it melt over a slow fire; when melted, powder it over and beat it with flour, keep it on the fire for a quarter of an hour, fry it white, pour it into an earthen pan to use it when wanted.

### N° 15.—*Roux blond.*

Put in a stew-pan a quantity of butter proportionate to that you want to prepare. Melt it gently; when melted, if you mix any flour with it, you must stew it on a brisker fire, and then put it again over a very slow fire, till it be of a nice colour; but mind this is to be procured only by slow degrees. When of a light brown you pour it into an earthen pan, and keep it for use.

### N° 16.—*Le Coulis.*

Mark the *coulis* in the same manner as the *blond de veau*, with slices of ham, and *sous noix* of veal, &c. When your *glace* is of a nice colour, moisten it, and let it stew entirely. You

must season it with a bunch of parsley and green onions, mushrooms, &c. Then mix some *roux brun* with the *blond de veau*, but do not make them too thick, as you could not get the grease out, and that a sauce with the fat neither has a pleasing aspect or a good taste. Let it stew for an hour on the corner of the stove, skim off the grease, and drain it through a tammy, &c.

### N° 17.—*Grande Espagnole.*

Besides a little ham, mark in a stew-pan some pieces of veal, those parts namely that are called *sous noix* and *contre noix*. *Mouillez* the same as for the *coulis;* sweat them in the like manner; let all the *glace* go to the bottom, and when of a nice red colour, *mouillez* with a few spoonfuls of *consommé* to detach the *glace:* you then pour in the *coulis*. Let the whole boil for half an hour, that you may be enabled to remove all the grease. Drain it through a clean tammy. Remember always to put into your sauce some mushrooms, with a bunch of parsley and green onions.

### N° 18.—*Espagnole de Gibier.*

The same operation as above, except that in this you introduce the loins of either young or old partridges in order that your sauce may taste of game. Put them in the sweating. Remember

that such sauces as are kept too long on the fire lose their savour.

### N? 19.—*Sauce tournée.*

Take some *roux blanc*, dilute it with some *consommé de volaille;* neither too thin or too thick. I must repeat what I have already said, a sauce when too thick will never admit of the grease being removed. Let it stew on the corner of the stove. Throw in a few mushrooms, with a bunch of parsley and green onions. Skim it well, and when there is no grease left drain it through a tammy, to use it when wanted.

### N? 20.—*Sauce à l'Allemande.*

This is merely a *sauce tournée* or season reduced, into which is introduced a thickening well seasoned.

### N? 21.—*Le Velouté.*

Take much about the same quantity of *consommé* and of *sauce tournée,* which reduce over a large fire. When your sauce is very thick, you should have some thick cream boiling, which you pour into your sauce, and give them a couple of boilings; season with a little salt, and drain through a tammy. If perchance the ham be too briny, put in a little sugar.

## N° 22.—*L'Italienne blanche.*

After having *tourné* some mushrooms, throw them into a little water and lemon juice to keep them white. Formerly it was customary to use oil for these sauces, as on account of its being much lighter, it would rise always to the top, whereas in thick sauces butter never does. This operation, however, is useless. Put in a stew-pan two-thirds of *sauce tournée*, and one-third of *consommé*; add two spoonfuls of mushrooms chopt very fine, and especially of a white colour, half a spoonful of shalots likewise chopt, well washed in the corner of a clean towel. Reduce this sauce, season it well, and send it up.

## N° 23.—*L'Italienne rousse.*

It is requisite in a kitchen to have what is commonly called an *assiette*, which is a dish with four partitions, intended for the reception of fine herbs. You must always have ready some parsley chopt very fine, some shalots the same; if the mushrooms were chopt before-hand they would become black; therefore you only chop them when you have occasion for them; the fourth partition is intended for the reception of bunches of parsley and green onions. The chopping and mincing of the above is the business of the apprentice, if there be one

under the head cook; if not, of the junior kitchen-maid.

Take two spoonfuls of mushrooms, one spoonful of shalots, one ditto of parsley. Throw the whole into a stew-pan with two-thirds of *Espagnole*, and one-third of *consommé*. Some people will add white wine to the sauce. In France where there was a choice of light white wines it might be done easily, but in England where Champaign is the only wine that can be used, it would come too dear; besides the sauce may be made very good without any wine whatever, if you know how to work it well, to its proper degree, with a little salt, and still less pepper. Brown sauces are not to be made thick. When your sauce is done enough, you must shift it into another stew-pan, and put it *au bain marie*. If you were not to skim this sauce with particular attention, you might skim off all the parsley, which is to be avoided.

## N° 24.—*La Sauce hachée.*

This sauce although seldom, if ever, used in good cookery, is frequently to be met with at taverns and inns on the road. Such as it is, it is to be made in the following way. Chop some girkins, mushrooms, capers, and anchovies, which throw into an *Italienne rousse*, and that is what

is called a *sauce hachée.* Why have I called this a tavern or common inn sauce? Because it is not requisite to have an *Italienne* well prepared. A common browning made with butter and flour, moistened with a little broth, or gravy, and some fine herbs, will answer the purpose of those who know no better.

### N°. 25.—*La Poivrade blanche.*

Pour into a stew-pan four spoonfuls of white vinegar, to which add some tarragon (if you have no tarragon, use tarragon vinegar), about twenty pepper corns; reduce the vinegar to one-fourth of its original quantity; pour into the stew-pan six spoonfuls of *sauce tournée,* and two spoonfuls of *consommé;* then reduce your sauce over a large fire. Drain it through a tammy, and then again lay it on the fire. Thicken it with the yolks of two eggs, work it with a large lump of butter. In case it should happen to be brown, pour a spoonful of cream into it, to restore the white colour.

### N°. 26.—*La Poivrade blonde.*

In a small stew-pan mark a small carrot cut into dice, a few shalots the same, some parsley roots, some parsley, a few slices of ham, a clove, a little thyme, the half of a bay leaf, a few

grains of pepper corn and all-spice, with a little mace. Let the stew-pan now be put on the fire, till it begins to be of a fine brown all round; then keep stirring with a wooden spoon; pour into the stew-pan four spoonfuls of white vinegar, and a small bit of sugar. Let this reduce nearly *à glace*. Then *mouillez* with some *Espagnole* and a little *consommé*, that you may be enabled to take the grease off the sauce. Taste whether there be salt enough, but mind it is not to be too acid; skim off the grease, and drain the sauce through a tammy, and serve up.

### N° 27.—*L'Aspic lié.*

Put in a stew-pan with such herbs as are called *ravigottes*, namely burnet, chervil, and tarragon. Add two or three spoonfuls of white vinegar, and let the herbs infuse on a slow fire for half an hour. Then moisten with eight spoonfuls of *Espagnole*: let the whole stew for ten minutes or a quarter of an hour. Season it well, and serve up.

### N° 28.—*La Ravigotte.*

The same as above, except that instead of *Espagnole*, you use *sauce tournée*. Let it boil for half an hour, then drain your sauce through a tammy. Have the same herbs as above, chopt

very fine, blanch them in a little salted water, lay them in a sieve to drain, and pour the *ravigotte* into the sauce. Work it with a lump of butter, and send up. Never omit to taste the sauce, for occasionally, according to the palate of the host, some ingredients may be wanting, others too plentiful, which may be easily remedied.

### N° 29.—*La Maître d'Hôtel grasse.*

Take a couple, or four spoonfuls of *Allemande;* work this sauce over a stove with a large lump of fresh butter. Take some parsley chopt very fine, throw it into your sauce with a little salt and pepper, and the juice of a lemon. Let this sauce be thick, if intended to *mask* any *entrée* whatever. At any rate it is easy to thin a sauce, but if too thin it is a hard matter to thicken it; except with a lump of butter and flour, yet let it be ever so well managed, it is but a sad contrivance.

### N° 30.—*La Maître d'Hôtel maigre*

Is nothing more than plain butter sauce with a little chopt parsley, salt, pepper and lemon juice. If shalots are acceptable, a few may be added, the same as to the *maître d'hôtel* above.

N°. 31.—*Sauce à l'Estragon*, ou *Pluche.*

See N°. 25, *Poivrade blanche.* Blanch some tarragon, either in fillets, squares, or any other shape you may think proper, and put it into the sauce. It is then called *sauce à l'estragon.* In other *pluches*, tarragon must always prevail. You may make *pluches* of parsley, chervil, &c. with the sauce called *poivrade blanche.*

N°. 32.—*La Bourguignotte.*

Cut some truffles into balls of the size of a nutmeg: take some small round mushrooms, and put about twenty of each in a small stew-pan: pour over them a pint of Burgundy wine, with a small lump of sugar. Let the wine be reduced *à glace.* Then throw into the stew-pan six spoonfuls of *Espagnole*, and two of *consommé.* Let the whole boil for half an hour, taste it, and if well seasoned, send it up.

N°. 33.—*Le bon Beurre.*

Take some *Allemande* rather thick, into which put a large lump of butter. Work the sauce well, season it, and send up.

N°. 34.—*La Béchamelle grasse.*

Take a beat of butter, about three pounds of veal, which you cut into small slices, a quarter of

a pound of *noix* of ham, half a pottle of mushrooms, two small white onions, a bunch of parsley and green onions; put the whole in a stew-pan, and lay it on the fire till the meat be made firm. Then put three spoonfuls of flour; *mouillez* with some boiling hot thin cream. Keep your sauce rather thin, so that whilst you reduce it, the ingredients may have time to be stewed thoroughly. Season it with a little salt, and drain it through a tammy, when it retains no taste of flour.

### N°. 35.—*La Bachamelle maigre*

Is prepared as above, except the meat, which by its nature is *grasse*. If you have made any sauces from fish, put a little sweating with the cream. When done, drain it through a tammy and serve up.

### N°. 36.—*La Génoise.*

This sauce is made by stewing fish, yet it is natural enough that it should find its place among the other sauces. Make some *marinade* of various roots, such as carrots, roots of parsley, onions, and a few mushrooms, with a bay leaf, some thyme, a blade of mace, a few cloves, and some spice. Fry the whole white in some butter. Pour in some Madeira wine, and let the

*marinade* stew. When done enough, let your fish stew in the above, and take some of the liquor to make your sauce. Then take a little *roux brun* and mix it with the *marinade*, to which add two or three spoonfuls of *blond de veau*. Now let these stew gently on the corner of the stove; skim off all the grease, and season your sauce well. Then take a good lump of *beurre d'anchois*, and of butter kneaded with flour, and throw those into your sauce. When it is done, squeeze the juice of a lemon, and *mask* with the sauce, which must accordingly be made thick and mellow.

### N°. 37.—*Sauce à Matelotte, for Fish.*

Melt some *roux brun*, into which throw a few onions cut into slices: keep stirring over the fire till the onions be dissolved in the *roux*. Then *mouillez* with the wine in which your fish has been stewed, and which, by the bye, must be red wine. Add some *parures* of mushrooms, with a bunch of parsley and green onions well seasoned with spice. Let the flour be well done. Remember to throw in a few spoonfuls of *blond de veau*. Now taste whether your sauce be properly seasoned, and drain it through a tammy. Then take a few small glazed onions and mushrooms fried white, likewise a few small *quenelles*,

and put them in your sauce. When you are ready to serve up, you must add a *beurre d'anchois*, and a little butter kneaded with flour. Work your sauce well that it may be quite mellow. Then *mask* your fish.

### N° 38.—*Sauce à Matelotte for Entrées.*

See *Sauce Chambord.* It being the same which is used for the *matelottes* of brains, &c.

### N° 39.—*Sauce aux Pommes for Geese and roasted Pork.*

Peel some apples and cut them into quarters, put them in a stew-pan with a little brown sugar, and a little water. When they are melted, stir them well with a wooden spoon, mix a little butter and send up.

### N° 40.—*Purée d'Oseille.*

Wash and pick some sorrel, and then put it in a stew-pan with a little water: keep stirring with your spoon to prevent its burning; when melted, lay it in a hair sieve to drain, then on the table and chop it well with some trimmings of mushrooms. When chopt fine you put it in a stew-pan with a little butter; let it fry a long time on the fire in order to drench the water it contains. When it is become quite dry mix it with

four spoonfuls of *Espagnole*, or more, if you have any occasion for a large quantity; and let it stew for a long while over a small stove. After it has been continually boiling for an hour, you rub it through a tammy. If it should happen to be too thick, dilute it with a little *consommé* or *Espagnole*. If too acid, put in a little *glace* and sugar. You must always put some lettuce with the sorrel, to mitigate its acidity.

### N°. 41.—*Oseille en Maigre.*

Pick your sorrel, let it melt, drain it, and lay it on the table, as above. Mind that your table be very clean. Then chop your sorrel for a long time and very fine, fry it gently in a stew-pan with a little butter. When it has been kept for about half an hour on a slow fire, throw in a spoonful of flour; *mouillez* with boiling hot cream, and let it stew on a slow fire for an hour. Then season it with a little salt. If your sorrel should be too acid, put a little sugar to it. Then thicken it with the yolks of four eggs, and serve up.

If you should prefer making a *Béarnoise*, you make a kind of pap with flour and cream or milk, and let it boil. When the sorrel is done enough, you pour the *Béarnoise* over it, and the yolks of four eggs immediately after. In this manner the

thickening will never curdle, whereas if you follow the other method it most frequently will. If it be *en gras* that you wish to prepare your sorrel, instead of cream or milk, you mix it with some good *consommé*. You use the yolks of eggs in the like manner, and that is what we call *la farce*.

### N° 42.—*Purée de Céleri.*

Cut the whitest part of your celery, which blanch in water, to take off the bitter taste. Let it cool. Then put it in a stew-pan with a little *consommé* and sugar. Let it stew for an hour and a half, and be reduced till there be no kind of moisture. You then mix it with four spoonfuls of *béchamelle* or *velouté*, strain the whole through a tammy, and put it *au bain marie*. When ready to send up refine your sauce with a little thick cream.

### N° 43.—*Purée d'Oignons blancs, or Soubise.*

Take a dozen of white onions. After having pealed and washed them, cut them in halves, take off the tops and bottoms, mince them as fine as possible, and blanch them to make them taste sweeter. Then set them melting on a small stove, with a little butter. When they are thoroughly done, and no kind of moisture

left, mix four spoonfuls of *béchamelle*. Season them well, rub the *purée* through a tammy, and keep your sauce hot, but without boiling. You must also mix a small lump of sugar with the sauce.

N°. 44.—*Purée d'Oignons bruns, et Lyonaise.*

Peel and wash your onions clean, then mince them, and fry them in a stew-pan with a little butter, till brown. Then *mouillez* with some *Espagnole*, if you have any; if not, *singez* with two spoonfuls of flour, mixed with some *blond de veau* and a small lump of sugar, to take off the bitter taste of the onions. Now drain the grease and season well with salt. Then strain your *purée* through an old tammy, for these sort of *purées* would destroy new ones.

For the *Lyonaise* you make a *purée* of onions likewise, but then keep your sauce a little more liquid. Take some very small white onions, cut them into rings, and fry them till they be of a light brown, then lay them on a clean towel to drain, and throw them into your sauce. Give them one single boiling, that the grease, getting at the top, may easily be skimmed off, and serve up.

N° 45.—*Purée d'Haricots blancs, maigre et grasse.*

New white beans are the best suited for making a *purée.* Put them into boiling water if they be fresh, and in cold water if they be dry, with a little butter in either case, which makes the skin more mellow. When they are done, throw in a handful of salt to give them a seasoning. Fry a few slices of onion in a little butter; when they are of a nice brown colour, *singez* them with half a spoonful of flour; *mouillez* with a *blond de veau* and season with a little salt and pepper, and skim off the grease. When the flour is done, mix it well with the beans, and squeeze them well before you rub them through the tammy. Let your *purée* be rather liquid, as it gets thick on the fire. A short time before you send up, mix with your beans a large lump of butter, and then serve up.

The *purée en maigre* is prepared in the same manner; but, instead of *sauce grasse,* you use *jus maigre,* or milk. If you wish to make it white, you then must sweat the onions gently and slowly, that they may not get brown.

N° 46.—*Purée de Champignons, brune et blanche.*

If you wish to make a *purée de champignons*

*blanche,* you must then *tournez* your mushrooms *à blanc* in a little water and lemon juice: you chop them with your knife; then put them in a stew-pan with a very small lump of butter. When your mushrooms are, what we call, melted, you moisten them with four or six spoonfuls of *velouté.* Do not let them boil long for fear they should lose their taste. Then rub them through a tammy. It is no easy matter, indeed, with regard to mushrooms, yet this sauce is called *Purée de champignons.*

It is almost useless to observe, that for the *purée à brun,* it is enough to *mouillez* with some *Espagnole* only. If you were to fry your mushrooms *à brun,* they then would turn black, and make your sauce of the like colour. Skim your sauce. Put a little sugar in both.—All such sauces as are called *Purée,* must be made thicker than others.

N° 47.—*Purée de Pois verds, nouveaux et secs.*

The *purée* of green peas for an *entrée,* is prepared in the same manner as that indicated for *potage.* You must only keep it thicker, and more rich, which is done by mixing a little *glace* with it. But if you were to put too much, the *purée* then would no longer retain its green colour; neither must you let it boil.

The *purée* of dry peas is made as follows. Stew the peas with a large piece of bacon, the breast part, a few carrots and onions, a bunch of parsley and green onions, a little thyme, and bay leaves and some water. When quite done pound them in a mortar, and then rub them through a tammy, with the liquor they have been boiling in. Let it be properly seasoned, and a short time before you send up, pour in a *verd de persil*, or *verd d'épinards*. (See SAUCES.)

### N°. 48.—*Purée de Marons.*

TAKE some fine new chesnuts; slit the peel with your knife, and put a little butter in a frying pan. Fry the chesnuts till the peal comes off; you then boil them in a little *consommé* and sugar. When done, add four or six spoonfuls of *Espagnole*, and rub the whole through a tammy. Keep this sauce rather liquid, as it is liable to get thick.

### N°. 49.—*Les Nouilles.*

*Nouilles* are nothing but a French paste, which the cooks prepare themselves. Lay flat on your table, or dresser, half a dozen spoonfuls of flour; mark a hole in the middle, wherein put a small pinch of salt, a little water to melt the salt, the yolks of three eggs, a lump of

butter of the size of a walnut; mix the whole well, flatten the paste with a roller, about one line thick, cut it into slices of about an inch broad, and next cut your *nouilles* nearly as thick. Blanch them in boiling water to take off the flour that sticks around, and when they are blanched drain them and next let them cool, that they may not stick together. Let them boil in some good *consommé*. When done enough, drain them, and put them into whatever sauce you may fancy, either a *blanquette*, an *Allemande*, or a *velouté*. If to be served with a fowl use *velouté*; and Parmesan cheese, if served for an *entremét*.

### N° 50.—*La Macédoine*.

This sauce can never be good but in the spring season, as green peas, asparagus, French beans, and artichoke-bottoms, are indispensably requisite, besides carrots, turnips, heads of celery, and small cauliflowers sprout. As it is very difficult to procure those various vegetables and roots in the same time of the year, you contrive to do your best. Cut some carrots in the shape either of olives, of balls, or small thin corks. Blanch them in a little water, then set them to stew with a little sugar and a few spoonfuls of *consommé*, over a large fire, that they may *glace* without

breaking. Stew the turnips in the like manner, but separately. Mind that the *glace* of your roots be not made too high in colour. The other vegetables are to be boiled in salt and water. Lay them on a clean towel to drain; mix them with the carrots and turnips, and three spoonfuls of *béchamelle. Sautez,* or toss gently, not to destroy the shape of the ingredients. If you are short of other vegetables, you may use cucumbers and mushrooms; which however is attended with some danger, as they would make your sauce too thin, if you did not pay particular attention.

### N° 51.—*Sauce d'Attelets.*

Take a spoonful of fine herbs, such as mushrooms, parsley, shalots, and a little butter, which fry slightly in a stew-pan. When the herbs begin to be dry, without however being too dry, you *singez* them with a little flour, and *mouillez* with broth or *consommé.* Reduce over a large fire, without skimming off the grease. Now season with pepper and salt. When your sauce begins to thicken, take it off the fire. Then throw in the yolks of two or three eggs, that you have been beating: keep stirring, and pour the sauce over whatever it may be.

N°. 52.—*La Sauce d'Esturgeon.*

We call *sauce d'Esturgeon* a *marinade* that has served either to baste the sturgeon whilst roasting, or as a sauce when baked. Take part of this *marinade*, which reduce with some *sauce tournée*, and when it begins to get thick, you put in a good lump of butter kneaded with flour, a little *glace*, some *beurre d'anchois*, and the juice of a lemon. Mind you do not put too much salt, as a very little is required when you use anchovies. Besides you are always at leisure to add salt if wanted.

N°. 53.—*Sauce Cardinale.*

Reduce some *sauce tournée* with a few spoonfuls of *consommé de volaille*. When your sauce is sufficiently done, take a *beurre d'écrevisses*, which throw in. Work it well, with a small lump of fresh butter to prevent the *beurre d'écrevisses* from turning to oil. Give it a good seasoning.

N°. 54.—*Sauce de Homard.*

See *Homard*, in the *entrées* of fish, and whatever relates to the same.

N°. 55.—*Sauce à la Lucullus.*

Lucullus was one of the most renowned Epi-

cures of ancient Rome; it is very natural of course to allot the name of a man who has brought the art of cookery into so high a repute, to a sauce which requires so much pains, attention, and science in the art, and which can only be sent up to the table of a wealthy and true connoisseur. After having worked the fillets, as indicated at the *entrées*, you have the legs and loins left to make the sauce, which is to be proceeded to as follows. Mark in a small stew-pan a few slices of ham; take up the loins of partridges, cut off the legs, up to the first joint, put the loins in a stew-pan, then *mouillez* with some *consommé de volailles*. The *parures* of your truffles being ready, put them in a small *marmite*, and sweat the partridges for a few moments only. *Mouillez* with boiling hot *consommé*. Let it stand for an hour and a half; then drain the *consommé* through a double silk sieve, reduce it to *glace*: now take a sufficient quantity of *velouté* to mark whatever it is wanted for. Mix a spoonful of *glace de perdreaux*; but as this *glace* would make the sauce of a brown colour, you must have a few spoonfuls of thick cream to mix with it. You must have *marqué* separately from your *sauté*, truffles cut into the size of a penny. Put them separately in clarified butter with a little salt.

When you are going to send up your dinner

you *sautez* those truffles, drain the butter; put them separately in a small stew-pan with a little essence of game and truffles. As you are to mask those parts only which are not decorated, take up the fillets with a fork, and dip them into the sauce, but no deeper than the part which you have glazed slightly, in order to render the truffles blacker. When you have dished a large fillet and a small one alternately, you mask the *filets mignons* with the remainder of the sauce, and you put in the middle the truffles cut in the size of a penny, which have been laying in a sauce like that that has been used for the fillets.

### N° 56.—*Velouté, a new Method.*

As it is not customary in England, the same as in France, to allow a principal cook six assistants or deputies, for half a dozen or even ten *entrées*, I have thought it incumbent on me to abridge, to the best of my abilities, the various preparations of sauces, &c. &c. I therefore put a few slices of Westmoreland ham at the bottom of a stew-pan, in which I mark a few slices of veal also, and over the veal, loins and *parures* of fowl. I pour in some good broth till it reaches the veal. (Observe you are not always to mark with *grand bouillon*, &c. &c. To be brief, I mark a *marmite* with a large piece of beef, a

knuckle of veal, a hen, which I boil till well skimmed. I then season with four carrots, six leeks, three large onions, one of which is stuck with cloves, two heads of celery, four large turnips and a handful of salt. These I stew gently for about four or five hours, then drain the whole through a silk sieve, and keep the liquor either for my soups, or to *mouiller* my *consommé* and *Espagnole.)* When my sauce has been sweated long enough, I *mouille* it with some boiling-hot broth, and throw into that *consommé* half a dozen mushrooms, a large bunch of parsley and green onions, and let them stew for an hour and a half. I then drain this *consommé* through a silk sieve, and reduce it. I have no occasion to use any *sauce tournée,* because broth gets reduced, without one's being obliged to turn it; and that you must continually watch a sauce that has a thickening in it. I take four spoonfuls of the finest flour, which I mix with some good cream, though not too thick. When I have well worked my flour, I put about three pints of cream, which I keep turning on the fire that it may boil, before I expose my *consommé.* When the cream boils I pour in the *consommé* that I have been reducing, and keep turning my sauce till such time as the flour be done. I add a little salt if requisite, and then I put it through a tammy.

This sauce is the fundamental stone, if I may use the expression, of all sorts of little sauces; especially in England, where white sauces are preferred. From this motive I have left off the former method. In summer time I was not able to procure any butter that was fit to be used. I accordingly was forced to do without, and found out that my sauce was the better for it. You must always keep this sauce very thick, as you may make it thin whenever you like, either with *consommé*, or with cream. If it were too thin, it could not be used for so many purposes.

### N°. 57.—*Rémoulade ordinaire, et Rémoulade verte.*

Take two or four eggs, boil them hard, then pound the yolks in a mortar, put a spoonful of mustard, pepper and salt, three spoonfuls of oil, one spoonful of vinegar, and break the yolk of a raw egg, to prevent the *rémoulade* from curdling.

The *rémoulade verte* is the same as the other, only you have a *ravigotte*, composed of chervil, burnet, tarragon, and parsley. Pound all these, and rub the *rémoulade* and *ravigotte*, *en purée*, through a tammy. Throw a little *verd de persil* into the *rémoulade*, to make it look quite green. Add likewise a little cayenne pepper. If approved of, you may put a few chopt shalots.

Should you want more sauce, double the quantity of your ingredients.

### N° 58.—*Mayonnaise.*

Take three spoonfuls of *Allemande*, six ditto of *aspic*, and two of oil. Add a little tarragon vinegar, that has not boiled, some pepper and salt, and minced *ravigotte*, or merely some parsley. Then put in the members of fowl, or fillets of soles, &c. Your *mayonnaise* must be put to ice; neither are you to put the members into your sauce till it begins to freeze. Next dish your meat or fish, *mask* with the sauce before it be quite frozen, and garnish your dish with whatever you think proper, as beet root, jelly, nasturtiums, &c.

### N° 59.—*Sauce aux Œufs.*

Chop two hard eggs, which throw into a melted butter, and serve up.

### N° 60.—*Verd d'Epinards.*

Pick and wash two large handfuls of spinach; pound them in a mortar to get all the juice out. Then squeeze the spinach in a tammy, and pour the juice you have procured into a small stewpan, which put *au bain marie*, for fear the green juice should boil. Watch it close, as soon as it

is poached, lay it in a silk sieve to drain, and when all the water is drained, use the *verd* when wanted.

### N° 61.—*Verd de Persil.*

The same operation as above. Parsley is a necessary ingredient in many sauces to give them an agreeable taste. The *verd d'épinards* is without savour, so that it may be used for *entremets*; but the *verd de persil* is intended for *entrées* and sauces.

### N° 62.—*Sauce à la Pompadour.*

Fry white a few chopt mushrooms and shalots in a little butter. When well melted add to them six spoonfuls of *sauce tournée*, and two spoonfuls of *consommé*. Stew these for three quarters of an hour on the corner of the stove: skim off the grease, keep your sauce rather thin; then throw in a thickening made of the yolks of three eggs. *Mouillez* with a spoonful or two of cream; add a little pepper and salt; work your sauce well. When done have a little parsley chopt very fine, blanch it, drain it, and let it cool that it may look quite green; mix it with your sauce, and serve up. A little lemon juice may not be amiss, but be aware that acids will

always alter the taste of good sauces to disadvantage.

### N° 63.—*La Dusselle.*

This sauce is only used for the *parures* and the *grillades*. Put a little butter in a stew-pan with an equal quantity of rasped bacon, together with some fine herbs, pepper and salt, which stew on a slow fire. When the fine herbs are done, beat the yolks of four eggs, *mouillez* with the juice of a lemon, and pour that thickening into the *dusselle*. Mind your fine herbs must not be too much done, for in that case, the eggs would not thicken your sauce, but be made into *œufs brouillés*, that is a kind of an *omlette*.

### N° 64.—*Les Pointes d'Asperges.*

Pick some nice asparagus, not however of the finest, but all of an equal size. Cut the tops only, about an inch long, and blanch them in water with a little salt, but do not boil them too much. Then put them with whatever you choose, but only at the last moment, and for two different reasons; the first, because they are liable to turn yellow; the other, because they would have a bitter taste. If you wish to serve any thing up with asparagus tops, you must put

these in a little *velouté*, or *Allemande*. They do not look well in a brown sauce. From this reason they are seen in *Macédoines*, *Chartreuses*, *pâtés de légumes*, *vol au ventes*, &c. If intended for soups, never put them in but the moment you send up.

### N°. 65.—*L'Haricot brun.*

Cut some turnips in the shape of heads of garlic, wash them clean, and stew them with a nice *Espagnol*, without frying them in butter, as many persons will have them. If your sauce be of a fine brown colour, the turnips will acquire the same. Add a little sugar. With regard to salt it is needless to say, that not one single dish, or sauce, is prepared without.

### N°. 68.—*L'Haricot vierge.*

Cut small turnips in the shape either of corks, of olives, or in any other according to your fancy. Blanch them one single boil in water; drain them; next stew them with a little sugar, and two spoonfuls of good *consommé*. Mind they must stew over a large fire, that they may be reduced speedily; for otherwise they would get too much done. When they are *à glace* take them out of the fire. Pour in three or four spoonfuls of *velouté*, according to the new me-

thod. If the sauce be too thick, put to it a spoonful of thick cream, as this sauce must always be of a white colour. Never forget a little salt. This sauce is generally called for with glazed articles, which have substance enough.

### N°. 67.—*Hollandoise verte.*

Take a couple, or four spoonfuls of *sauce tournée*, reduced with a little *consommé*. Give a good seasoning; add to this sauce a *verd de persil*, and work your sauce well. When you send up, and not before, squeeze a little lemon juice, for otherwise the sauce would turn yellow.

### N°. 68.—*Hollandoise maigre et jaune.*

Mark. in a stew-pan, a tea spoonful of flour, four spoonfuls of elder *vinaigre*, a quarter of a pound of fresh butter, the yolks of five eggs, and a little salt. Put this sauce on the fire, and keep continually stirring it. When it is got thick enough, work it well, that you may refine it. In case it has not curdled, you have no occasion to drain it through a tammy. Serve up.

### N°. 69.—*La Sauce au Beurre, dite Sauce Blanche.*

According to the French way, we mark in a stew-pan with a spoonful of flour, half a pound

of fresh butter, a little salt, half a gill or glass of water, half a spoonful of white vinegar, and a little grated nutmeg. This sauce we put on the fire, when it begins to grow thick, for we do not allow it to boil, for fear it should taste of the flour. Serve up.

According to the English way, you mark in a stew-pan with a little flour, a small quantity of water, and a little butter: when the butter is melted, without having boiled, you send up.

### N.° 70.—*Ragoût à la financière.*

You must procure cock's combs, cock's kidneys, fat livers, likewise a few eggs of fowls. The combs are to be scalded in the following manner. Put the whole of them in a towel with a handful of salt, that has not been pounded. Then lay hold of the four corners of the towel, and dip the part wherein is the *ragoût* into boiling hot water. Leave it there for a minute. Then take out the towel. Rub the whole well together, to take off the first skin that is about the combs, and spread your towel open; if the combs be not skinned sufficiently, dip them into the boiling water a second time; but mind they do not get too firm, because then they never would get white. When they are well skinned, *parez* the little black points, that the

blood may disgorge. Next dip them into a pint of water, and lay them on the corner of your stove for two hours; yet mind that there is but a very little fire in the said stove. You next blanch them, and put them in a little *blanc*, by which is meant butter, salt, water, and slice of lemon. Try them frequently with a wooden spoon, lest they should be too much done. The kidneys are not to boil, for then they would break. The eggs are to boil a little, in order that the first skin may come off. Now throw the whole into the *blanc* As soon as the combs are done, you have ready a nice *Espagnole* reduced, with large mushrooms *tournée*, some small *quenelles*, which have been poached separately. Mix the whole together; drain the *ragoût*, the combs, the kidneys, and the eggs. Put the whole in the sauce with the *quenelles*; stir gently, not to break the latter; season well, and use this sauce occasionally.

## N° 71.—*La Godard.*

This is the same *ragoût* as the *financière*, only it serves to garnish a surloin of beef. You then add *pigeons gautiers*, larded sweetbreads, and you keep your sauce thinner, as you have nothing to mask.

## N° 72.—*La Chambord.*

This is a *ragoût* like the *financière*, with this difference, that you must first reduce a pint of Madeira wine, which you mix with the *Espagnole*. You must also add to the above garnish, soft rows of carp, craw-fish of a large dimension, and introduce a *beurre d'anchois* into the sauce. The *quenelles* are to be poached *à la cuillière*. This to be performed requires too spoons: you fill one with the *farce*, which has been levelled all round, with a knife dipped into boiling water. With the other spoon, which is lying also in boiling hot water, you take the *quenelle* out, and put into a stew-pan that has been buttered. When you have thus marked your *quenelles*, you pour some boiling water into the stew-pan, and boil them for a quarter of an hour. A small quantity of salt is required in the water. Some people will poach the *quenelles* in broth. In my opinion it is wasting the broth to no purpose.

## N° 73.—*Sauce de Salmi à l'Espagnole.*

Cut four shalots into large dice, a small carrot the same; chop some parsley roots, a few bits of ham, a clove, two or three leaves of mace, the quarter of a bay leaf, a little thyme, and a small lump of butter. Put the whole in a stew-pan

over a stove with a gentle fire; let it fry till you perceive the stew-pan gets coloured all round. Then *mouillez* with half a pint of Madeira wine, and a very small lump of sugar. Let it reduce to one half. Then put in six spoonfuls of *Espagnole* and the *parures* of your partridges. Let them stew for an hour on the corner of the stove. Skim the grease off, taste whether your sauce be seasoned enough; drain it over the members, make it hot without its boiling; dish the *salmi*, and reduce the sauce, which drain through a tammy. Now *mask* the *salmi*.

### N° 74.—*Beurre d'Ecrevisse.*

Pound the shells and lesser claws, &c. in a mortar with a good lump of fresh butter, till made into a paste. Put this in a small stew-pan *au bain marie*. When the paste, pudding, or farce is quite hot, strain it in a tammy over a tureen, or earthen pan, containing fresh water. The *beurre d'écrevisse* rises above the water. Take it when entirely cold, and use it occasionally.

### N° 75.—*Le Beurre d'Anchois.*

To make this sauce you must have young anchovies. Take them out of the pickling, wash them well. Take off the bones and head: then

pound them in a mortar with fresh butter, till very fine; then rub the *beurre* through a hair sieve; put it in a cold place, and use it occasionally.

## N° 76.—*La Glace.*

The *glace* is very seldom made on purpose, except upon particular occasions. Then you lay on the fire a *marmite*, with plenty of veal and small quantity of beef and of ham. When stewed for a proper time skim it well. The *glace* of sweated broth is not so bright. Season the broth with carrots and onions; a large bunch of parsley and green onions; for either turnips or celery give the *glace* a bitter taste. If you should happen to have a grand dinner, and that you would wish to glaze of a nice colour, put more veal in your *Espagnole*. The moment it glazes, take part of the *glace* in a small stew-pan, which is only to serve for the purpose of glazing. The most common *glace* is made of remnants of broth, the liquor of *braize*, or *fricandeaux*, &c. which are to be reduced on a brisk fire. If you keep your reductions too long, they will become black and bitter. Always warm your *glace au bain marie*, that it may not get too brown.

### N° 77.—*La Sauce Robert.*

Cut your onions into small dice, fry them of a fine brown, *mouillez* them with some *Espagnole*, or *singez* and *mouillez* with some *blond de veau*. Skim it that your sauce may look bright; put in a little pepper and salt, and just before you send up mix a spoonful of mustard.

### N° 78.—*La Livernoise*

Is a *Macédoine* which you make with some *Espagnole*, instead of using *béchamelle*. Reduce some carrots and turnips *à glace*, then put them into the *Espagnole*, but do not let this latter boil. Mind also that the sauce does not taste of the roots.

### N° 79.—*Le Hochepot.*

Tournez some carrots, and blanch them, in winter time. When they are as yet new, that however may be dispensed with. Fry them white in a little butter, *mouillez* with the *Espagnole* and a little sugar. Give them a good seasoning, skim the grease, and serve up.

### N° 80.—*La Polonoise.*

Take some of the liquor in which your pike has been boiling. Mark a little *roux blanc*,

*mouillez* with the liquor, and reduce over a large fire. Take a pint of thick cream, boil it, and whilst boiling keep turning it constantly, to prevent a kind of skin rising. Mix the whole with your sauce, which is to be kept thick. Have ready some small turnips cut into corks or sticks, that have boiled in a little water with salt and sugar. Add these to your sauce, taste whether it be duly seasoned, and *mask*.

## N° 81.—*Les Concombres, or Blanquette.*

Cucumbers are good only when quite young, you must take care, however, that they have not a bitter taste. Those are the best that have a rough shaggy coat. Cucumbers are cooked in various ways, either for sauces or for *entremets*. It is useless to fry them white in clarified butter, (as practised in France). As soon as they have been *parés*, stew your pieces in a little *sauce tournée* and sugar, but do not let them stew too long. Lay them in a hair sieve to drain, reduce the liquor in which they have been stewing, thicken it with the yolks of four eggs. Do not put the cucumbers in the *blanquette*, till you are going to send up, for your sauce would get too thin.

N°. 82.—*Essence de Concombres.*

PEEL your cucumbers, as above, and keep the *parures*, which are to be made a *purée* in a little butter. When entirely melted, drain the butter, and *mouillez* with *la sauce tournée*, in which you have stewed your cucumbers, and which have been drained upon a hair sieve, and covered with a round of paper. Reduce this *purée* very thick; then mix with it four large spoonfuls of *velouté*, with a small lump of sugar. You must also put a little sugar when you stew the cucumbers in the *sauce tournée*. After having thrown in the *velouté*, and reduced, you strain your *purée* through a tammy. Now put in your escalopes, and *sautez* them in the sauce. If the sauce should happen not to be white enough, pour one or two spoonfuls of thick cream into it. A short time before you send up, you throw your cucumbers into the sauce. Serve hot and well seasoned.

This *entrée* is in high estimation amongst the epicures, but it requires to be paid great attention to, if not it will turn out to be but a very indifferent dish.

N°. 83.—*Les Pois au Blanc.*

YOU must procure some very young peas. Such as have a kind of kernel, are liable to break,

and thicken the sauce. Put your peas in an earthen pan, with a small lump of butter, and plenty of fresh water. Handle and shake your peas well in the water, next drain them, and set them to sweat on a little stove, with a small bunch of parsley and green onions. When they are nearly done pour in four or six spoonfuls of *sauce tournée*; reduce it over a large fire, thicken it with the yolks of four eggs, and send it up. If the sauce be intended to *mask*, it must be kept thicker.

### N°. 84.—*Les Pois à l'Espagnole.*

Prepare as above; the only difference lies in using *Espagnole* instead of *sauce tournée*. Be particular in draining the grease before you reduce your sauce. Whenever there are peas in a sauce, you must always put a little sugar.

### N°. 85.—*Les Pois au Lard.*

Cut about a pound of bacon, (the breast part,) fat and lean, into square pieces of about an inch; which boil in water for about half an hour. Then drain them; and next fry them in a pan till they be quite *blonds* (whitish). You then throw in these square pieces, and mix them with the peas, that you have handled in butter, as above. Now let them sweat with a bunch of parsley and green

onions. When well sweated, take the aforesaid bunch of parsley out, put in a spoonful of *Espagnole*, with a little sugar and salt. There must be very little sauce, if intended for *pois au lard* only; but if intended for sauce that will not be the case; it must be thinner.

### N° 86.—*La Sauce au pauvre Homme.*

This sauce is generally sent up with young roasted turkeys. Chop a few shalots very fine, put in a little pepper, salt, vinegar and water. Send up in a boat.

### N° 87.—*Sauce aux Tomates.*

Melt in a stew-pan a dozen of love apples. When *melted*, rub them through a tammy. With this *purée*, mix a few spoonfuls of good *Espagnole*, a little salt and pepper, and serve up.

### N° 88.—*Sauce à la Bigarade.*

Cut off the thin rind only, and quite equally, of two bitter oranges. Blanch it. Now as you have ready a rich *Espagnole* reduced, throw those rinds, with a small lump of sugar into the *Espagnole*, and season well. When you are going to send up, squeeze the juice of one of those bitter oranges and a little lemon juice into

the sauce, which must be made strong, on account of the acids.

### N° 89.—*La Sauce au Céleri.*

Cut off the stalks of a dozen heads of celery. *Parez* all the heads, let them be well washed and white. Blanch them. Next stew them in a *blanc,* with some beef suet, some fat of bacon, a small lump of butter, a little salt, and lemon juice. When they are done, drain them well, and cut them about an inch long, and put them into some *velouté,* according to the new method, N° 56. This sauce is not to be too high seasoned, but kept thick for the purpose of *masking*.

### N° 90.—*La Pascaline.*

This sauce was most particularly sent up with lamb or mutton fry. Make an *Italienne blanche,* which keep rather thin. Thicken it with the yolks of two eggs mixed with the juice of a lemon. A short time before you send up, throw in a little chopt parsley that has been blanched.

### N° 91.—*Sauce à l'Aurore.*

Pound the eggs of a lobster; mix a little butter, and strain the whole through a hair sieve. Take these drainings and mix them with a *sauce*

*tournée* reduced, and the juice of a lemon. This sauce must be high seasoned with pepper and salt, &c. It is generally sent up with fillets of trout.

### N° 92.—*La Toulouse.*

You have an *Allemande* ready; and rather thick. Throw into it a *ragoût* of cock's combs, kidneys, fat livers, the choicest mushrooms, small *quenelles*, &c. (See *Ragoût à la Financière*, N° 70.)

### N° 93.—*La Wasterfisch.*

When you have stewed your perch with roots of parsley, a few slices of onions, as many shreds of parsley, pepper and salt; drain through a silk sieve part of the seasoning which has been reduced, with four spoonfuls of *velouté* or *béchamelle*. Now take some roots of parsley, cut in the like manner as for the *julienne*, some carrots the same, let them stew with a little pepper and salt, and water. Then drain them and throw them into the sauce. You must mix a little chopt and blanched parsley with this sauce, together with a large lump of butter, pepper and salt, and very little lemon. Mask your perch, or fillets of soles.

## N° 94.—*La Sauce aux Huîtres.*

(See N^os. 4 and 5.)

## N° 95.—*L'Italienne aux Truffes.*

Chop some nice black truffles. Sweat them in a little *consommé*, and mix them with the *Italienne rousse*, N° 23. If you should have no *Italienne* ready, stew them for half an hour in an *Espagnole* only. Let this sauce be kept thin and high seasoned.

## N° 96.—*La Manselle.*

Make a *salmi* as indicated above, with this only difference that you pound all the *parures* and bones, &c. which you put into the sauce when it is done. Drain this *purée* through a tammy, and pour it over the members of your partridges. This sauce is to be kept hot, without boiling; otherwise it will curdle.

## N° 97.—*Sauce à la Maréchalle.*

Take a handful of green tarragon, which boil for ten minutes in four spoonfuls of white vinegar. Put in a very small lump of sugar, with a little salt. When the vinegar is half reduced, pour in four large spoonfuls of *sauce tournée* reduced. Now with the vinegar give it one single boil. Drain your sauce through a tammy.

Now add to it a quarter of a pound of fresh butter. Work your sauce well, and pour it over the meat or fish, quite hot. This sauce is to be kept rather thick, that it may adhere either to the meat or fish.

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*Observations relative to the Sauces.*

Amongst the number of sauces that have been mentioned, many may be found that are not to be used. But I thought it incumbent upon me to introduce them all, for fear of incurring censure. If four *entrées* only are to be sent up to table, it would be ridiculous to make preparations, that will answer the purpose of a grand affair. Then instead of using *grand bouillon, suage, coulis,* &c. merely mark a *marmite* on the day preceding, or in case you should be at leisure in the forenoon. Take a quantity of meat, a fowl, and a knuckle of veal.

When I am to send up a dinner of six or eight *entrées,* with a view of not carrying the expense to an extreme, I take a nice rump of beef, and about twelve pounds of buttock, a leg and knuckle of veal, and as I wish to have no waste, the rump is used to make a remove; I make *grenadins,* or *fricandeau,* or *quenelles,* with the *noix* of veal. By this means I reduce the expense. On the preced ng evening I put in a *marmite* the

twelve pounds of beef, the *parure* of the rump, a knuckle of veal, and a few other *parures* if I have any. Now I set this *marmite* skimming, and season it with two large onions, one of which is stuck with four cloves, three carrots, four large leeks, as many turnips, a head of celery, a little salt, and I leave the whole to stew on a slow fire for five hours. I drain the broth through a silk sieve. I next skim the fat, or grease; for if the broth of any description be not thus skimmed, it will turn sour in the course of the night. On the next day I mark my sauces with that *bouillon*; and the day on which I am to serve my dinner, I make another *marmite* with my rump, a knuckle of veal, and a fowl, seasoned in the same manner as that above. This *bouillon* I use for my *potages* and to moisten my *braize*.

I mark in a stew-pan thin slices of ham, and a few slices of veal, moistened with some of my *bouillon*, which I reduce *à glace*. When it begins to thicken, so as to stick, I put the stew-pan on a very slow fire, in order that the *glace* may get a good colour without burning. I then moisten with the broth, to which I add a bunch of parsley and green onions, and a few mushrooms, and stew them for an hour. Next I make *roux*, which I moisten with the *blond de veau*, and keep some for the gravy of my *rôts*. I

skim all the grease off from my sauce, reduce it, and use it when I have occasion.

For white sauces I mark the slices of ham, a few pieces of veal with the bones and remnants of fowl, which I moisten with the same *bouillon* as I have done my *coulis*, or my *Espagnole*. When my meat is sweated through, I cover it entirely with boiling hot broth, season with a bunch of parsley and green onions and a few mushrooms, and stew the whole for an hour and a half. This *consommé* I use to make either the *velouté*, N°. 56, or *la sauce tournée*, which is the key to all other thick sauces, &c.

The *marmite* must be put on the fire at an early hour. Your rump of beef must be kept hot. Reduce to glaze the broth that you have left after having *marqué* every article. This *glace* may serve either to strengthen or to glaze. If you are frequently set to work, you must always have a little *glace* ready. By this means you have no occasion to reduce your liquor till the following day, and it will serve for the morrow.

# CHAP. II.

## POTAGES AND SOUPS, AND TUREENS THAT ARE SERVED WITH SOUPS.

### N° 1.—*Potage de Santé*, or *au naturel.*

TAKE some broth (see Sauces) well skimmed, and the fat taken off. Take thin slices of crust of bread cut round the size of a shilling. Soak them separately in a little broth. As you are going to serve up, put the whole into a tureen without shaking it, for fear of crumbling the bread, which would spoil the look of the broth, and make it thick.

### N° 2.—*Potage au consommé of Fowl.*

TAKE some *consommé* of fowl, which clarify, after having mixed with it some *blond de veau* (see Sauces). Prepare the bread as above.

### N° 3.—*Potage à la Clermont.*

TAKE some rich broth, mixed with a little *blond de veau*, in order to give a nice brown colour to the broth. Take a dozen of small white onions, cut them into rings, and fry them in

clarified butter. When they are of a fine colour, drain them on a sieve, throw them into a little broth made hot, to rid them of the butter that might remain. You then mix them with the clarified broth and let them boil for half an hour. Put in thin bits of bread as in N.° 1, a little sugar and some salt. Remember that the bread would spoil the look of the broth, if put in whilst the latter is boiling.

### N.° 4.—*Potage à la Julienne.*

Take some carrots which turn ribband like, and turnips the same, a few heads of celery, leeks, and onions, and cut them all into little fillets thus: ▬▬ Then take about two ounces of butter which lay at the bottom of the stew-pan, and the roots over the butter. Fry them on a slow fire, and keep stirring gently; moisten them with rich broth, and let them boil on the corner of the stove; skim them, put in a little sugar to take off the bitter taste of the roots: you may add green pease, asparagus-tops, French beans, some lettuce, or sorrel. In winter time the taste of these vegetables being too strong, you must blanch them, and immediately after stew them in the broth: if they were fried in butter, then again their taste would be too strong. Bread as above.

N° 5.—*La Julienne au consommé de Volaille.*

As above, you moisten with *consommé de volaille*, and you put in the back of a roasted chicken, which stew with the roots, but it is to be taken out before you send up. Bread as above.

N° 6.—*Soupe à la Cressi.*

Take some carrots, only the red part, turnips, the white of leeks, a few parsneps, onions, heads of celery washed very clean. Mince the whole small, put a bit of fresh butter at the bottom of a stew-pan, and the roots in the butter over a slow fire. Let them sweat long, and keep stirring frequently; when they are fried enough to be rubbed through a tammy, add a small crust of bread, which moisten with a broth; let the whole boil gently. When done, skim all the fat and rub the whole through a tammy. Before sent up put in some bread cut in dice, fried in butter till of a light brown, put it to boil in the corner of the stove in order to skim all the grease, and serve up.

N° 7.—*Soupe à l'Aurore.*

Take same carrots, the reddest that are to be met with, scrape them well; next wash them clean; then take off the outside till you come to the middle, which is always the most yellow

part. Sweat it in about a quarter of a pound of fresh butter, on a very slow fire. When the carrots are soft enough, mix a crust of bread well raspt, which moisten with some good broth. Let the whole boil for about an hour, and then rub it through a tammy, and pour a little more broth in, that it may boil again. Then skim it; when you have taken off the grease, it will be of a reddish colour. Now put in some slices of soft bread cut into dice, and that has been fried in butter till they be of a light brown.

### N° 8.—*La Brunoise.*

Take some carrots, turnips, &c. cut them into dice, and in summer time fry them in butter; but in the winter season blanch them. When fried without having lost their original colour, moisten them with rich broth, seasoned with salt and a little sugar, and let the whole boil for about an hour. You may add green pease, asparagus-tops, &c. skim off the grease and put bits of crust of bread the same as N° 1, soaked separately in broth. These you put in only the moment you send up, that the bread may not crumble.

### N° 9.—*Soupe à l'Allemande.*

Make a *pâte à nouilles* (see *pâte à nouilles*)

which cut into dice, blanch them, drain them, and let them cool. Then boil them in rich broth. When thoroughly done, take them out from the broth, and throw them into a good rich *consommé de volaille* well clarified. When you take them out of the liquor in which they have boiled, you must use a skimmer.

### N.° 10.—*Soupe à la Condé.*

Take about a pint of red beans, which wash clean; let them soak in soft water for about a couple of hours: then put them in a small pan with a pound of bacon, the breast part, a knuckle of veal, also the legs and back of a roasted fowl, if perchance you have any such thing by you. Put the whole together with an onion stuck with two cloves, carrot, and a couple of leeks. Moisten these with soft water, and let the beans boil till they be quite soft. Then take the beans alone, pound them and rub them *en purée;* moisten it with broth, thin enough however that the fat may be skimmed off. Slices of bread prepared as in N.° 6.

### N.° 11.—*Soupe à la Faubonne.*

Prepare the vegetables and roots as in N.° 6. Chop some lettuce and sorrel, which sweat separately, and throw into the soup when you

have skimmed off the grease. Slices of bread as above.

### N° 12.—*Soupe à la Carmelite.*

Take some lentils *à la reine* which prepare as the beans above: when stewed rub them through a tammy; moisten the *purée* with a little *blond de veau*, and rich broth. When well skimmed throw in the bread. Send up rather thin as it is liable to thicken when getting cold.

### N° 13.—*Purée de Pois Verds.*

It is customary in Paris, to take three pints of large pease of a nice green colour, and sweat them over a slow fire till they be thoroughly stewed, then rub them through a tammy, and pour over the *purée* some rich broth, thin enough however to be skimmed. Leave it on the corner of the stove, for if it were to boil the pease would lose their colour. A *verd de persil* (see *verd de persil*) is next prepared and thrown in just at the moment of sending up. Square slices of bread nicely fried are also thrown in.

### N° 14.—*The same made very green.*

Take three pints of large green peas, which mix with a little butter in two quarts of water, then drain the water from them and add a large

handful of parsley and young onions quite green: let this sweat over a slow fire till quite soft. Pound the whole and rub it through a tammy, moistening at the same time with strong broth. Season with sugar, salt, &c. Let it merely be made hot. The bread cut into squares is to be dipt separately into a little broth.

### N.° 15.—*Macaroni au consommé.*

Take some Naples Macaroni, which boil in water till it be nearly done. Drain it well and put it into a rich *consommé.* Let it be well done; rasp some Parmesan cheese, which send up separately in a plate.

### N.° 16.—*Lazagnes au consommé.*

Take Naples *lazagnes;* boil them in the same manner as the macaroni above, N.° 15, let it boil till done, and send the cheese the same.

### N.° 17.—*Potage au Riz,* or *Rice Soup.*

Take a quarter of a pound of Carolina rice, which pick clean and wash in two or three different waters, that no dirt may remain, which would spoil the savour of the soup. Blanch it in water, and drain it. Then take some rich broth, skim it, season it well, throw the rice into the broth, but do not let it boil too long.

N° 18.—*Riz aux différentes purées.*

The rice is to be prepared as above: only mix it with the *purée* you have chosen, an hour before you send up, in order that the rice may retain the taste and colour of the vegetables. The *purées* intended for soups are not to be as thick as those that are intended for sauces. Those that are most generally used are, *purée* of carrots, turnips, celery, white beans, red ditto, lentils, green peas, the *cressi*, &c.

N° 19.—*Vermicelli Soup.*

For eight people take a quarter of a pound of *vermicelli*, which blanch in water to take off the taste of dust. Next throw it into some broth that is boiling, otherwise the *vermicelli* would curdle, and could no longer be diluted unless crumbled into a thousand pieces. All *purées* used as above. Mind, the *vermicelli* must be stewed before you mix it with the *purée*.

N° 20.—*Italian Pastes.*

Take Italian pastes and prepare them as above, N° 19, and as follows, N° 21.

N° 21.—*Vermicelli à la Reine.*

Blanch the *vermicelli* and throw it into some rich *consommé* well seasoned. When done, a

short time before you send it up, thicken it with the yolks of eight eggs, mixed with some cream, and pour the vermicelli into the tureen for fear the thickening should get too much done.

### N° 22.—*Bouillon de Navets.*

The *bouillon de navets*, is made with about a dozen of turnips, which peel and cut into slices. Blanch them for a short time in water; *mark* a knuckle of veal, a small piece of beef, the half of a fowl, and the turnips in a stew-pan; and pour some rich broth over the whole. Let the whole stew for about two hours. Then strain it through a double silk sieve, and use it as for rice, vermicelli, &c. &c.

### N° 23.—*Potage à la Reine: a new Method.*

For twelve people take in preference three fat chickens or pullets, which are generally better than fowls: skin them, take out the lungs, wash them clean, and *mark* them in a pan with a bunch of parsley only; moisten the whole with good boiling broth: let it stew for an hour and a half, then take out the chickens: soak the crumb of two penny loaves in the broth; take off the flesh of the chickens, and pound it with the yolks of three or four eggs boiled hard, and the crumb of bread which has been sufficiently

soaking in the broth. Rub the whole through a tammy; then take a quart of cream, which lay on the fire, and keep stirring continually till it boils. Pour it into the soup. It is not liable to curdle as when the other method is used, and it tastes more of the chickens. If you think proper to add either barley, rice, or vermicelli, let it stew in broth, and only pour it into the soup when quite done.

### N° 24.—*Semouille au Consommé.*

Boil some *consommé* and throw the *semouille* into it. If you are inclined to mix a *purée* with it, keep the *semouille* thin. You may use any *purée* whatever, the same as with rice.

### N° 25.—*La Créme de Riz.*

This is flour of rice which you make yourself in the following manner. Take a pound of rice, which wash in different waters; then drain it and wipe it with a clean towel. Let it get quite dry; then pound and shake it through a sieve. Take one or two spoonfuls of this flour, and dilute it with broth, rather cold than hot. All this time you have some broth on the fire; throw the flour of rice thus diluted into the broth, and keep stirring till you find the soup is not too thick and may boil without the rice burn-

ing. This same kind of rice flour may serve for *soufflés.* (See *Entremets.*)

### N° 26.—*La Garbure au Pain de Seigle.*

Take a knuckle of ham, but it must be void of any bad smell, a knuckle of veal, and about six pounds of flank of beef, which *mark* in a pan, with an onion stuck with two cloves, a few carrots, &c. pour over the above two ladles of broth, and let the whole sweat over a slow fire. When the meat is hot to the middle, you cover it entirely with boiling broth, and let the whole stew for three hours. Then take one or more cabbages which are to be washed clean and blanched. *Braize* them between layers of bacon, and moisten them with the liquor in which the sweating has been made, drained through a silk sieve. You must observe that if the cabbages are not made rich and mellow they are good for nothing. You may add to the above either sausages, bacon, or stewed legs of geese if you have any: mind above all things that the cabbage be not too briny, for the soup then would not be eatable. When the cabbage and broth are stewed enough, cut very thin slices of rye bread: drain the cabbage in a cloth that there be no grease left; then take a silver dish, lay a bed of bread, over that one of cabbage,

and moisten these with a little broth; let them *gratiner* on a slow fire. When the cabbage and bread are sufficiently moistened, lay on six or eight beds more of each. Send up with the ham at the top in the middle; the bacon and sausages on the borders, and some broth separately.

### N.° 27.—*Potage aux Choux à la Françoise.*

Take four or six cabbages, with curling leaves; wash them clean, blanch and *braize* them with a little seasoning; observing however that for a soup they are not to be so high seasoned as for an *entrée*. Your soup may be prepared as in N.° 1. Cut the cabbages into quarters, and put them in the soup when the latter is in the tureen.

### N.° 28.—*Potage aux Choux à l'Allemande.*

Take a white cabbage, mince and wash it well, and let it sweat on a slow fire in a little butter. When it begins to get tender and to be a little reduced, you moisten it with a little broth and *blond de veau* very clear: skim the grease, and when the soup gets of a fine brown colour, throw in slices of bread cut into liards thus (), and send up.

## N° 29.—*Soupe à la Bonne-Femme.*

Take two handfuls of sorrel; after having taken off the stalks put the leaves one above another and mince them. Take the hearts of two or three cabbage-lettuces, which mince likewise. Wash the whole well, then take about two ounces of fresh butter, and let your herbs melt as it were in the butter. When so, moisten with a little broth, and let it boil for an hour. Skim off the grease, and throw in a little sugar, to take off the acidity of the sorrel. Then thicken your soup with the yolks of eight eggs, mixed with a little cream. Be mindful to keep a little broth for the bread to soak in, for this could not be accomplished in broth when thickened.

## N° 30.—*Potage aux Nouilles.*

Take a handful or two of flour with which mix a little salt, the yolk of three eggs, a little water and a small lump of butter. Let this paste be as compact as possible. Spread it very thin on the table, next cut it into small slices as a *Julienne;* then blanch it in water, drain it and let it cool, in order to get rid of the flour which might spoil the look of the soup. Throw the paste into some rich broth, and let it stew till it be mellow. You may introduce either

some *bouillon de navets*, or *purée* as above. (See Nos. 21 and 22.)

### N° 31.—*Soupe à la Borgosse.*

This soup, although a *potage de desserte* has some admirers, even amongst the first epicures. Suppose you have left in the larder a small quantity of *potage au riz, potage au pois verds*, and *potage à la bonne femme*. Mix and make them hot, yet without boiling as the thickening would most undoubtedly curdle. Rub the whole through a tammy, and put it in a stew-pan *au bain marie*. Then boil some green Windsor beans; when done, skin them, and throw them into the soup, the moment you are going to send up, pour in some bits of bread cut into dice, fried in butter and well drained.

### N° 32.—*Potage au Lait Lié.*

Boil a quart of milk, wherein infuse a leaf of *laurier-amande* some sugar and a little salt. Thicken the above with the yolks of six eggs the moment you are going to send up. As to the bread, crumb only is used in this instance, which is to be shaped with a cutter, and glazed at the oven with sugar. Those latter lay in the tureen, as they are not to be boiled.

N°. 33.—*Potage au Lait d'Amande.*

Boil a quart of milk as above, seasoned with a little salt. The bread as in N°. 32. Take a quarter of a pound of sweet almonds, a dozen of bitter ditto, which put in hot water, then peel them and pound them in a mortar, and moisten with a little milk to prevent their turning into oil. When sufficiently fine, or crumbling, rub them through a tammy, and throw them into the soup, in lieu of a thickening. Mind they must not boil.

N°. 34.—*La Tortue. Turtle Soup.*

If you wish to make your turtle soup with less difficulty, cut the head off on the preceding day. In the morning open the turtle, that is, lean heavy with your knife on the shell of the animal's back, whilst you cut it off all round. Then turn it straight on its bottom, that all the water, &c. may run out. Then cut the flesh off along the spine, with your knife sloped towards the bones, for fear of affecting the gall, which sometimes might escape your eye, but spoils the taste of the turtle. When you have procured all the flesh that is about the members, wash them clean, and let them drain. Have ready a large vessel full of boiling water on the fire, put the shells into that water, and when

you perceive that they come off easily, take them out from the water, and prick all the shells of the back, belly, fins, head, &c. Boil the back and belly in water till you can take off the bones, without however allowing those parts to be done enough which contain nerves. When these latter come off easily you lay them on dishes of common-ware singly, for fear they should stick together. Keep part of the liquor wherein you have blanched those nerves, and let the bones stew thoroughly in the said liquor.

The whole flesh or meat of the interior parts, the four legs and head, sweat in the following manner. Take a few slices of ham, which lay on the bottom of a very large stew-pan. Lay over the ham as much veal as you possibly can; that is to say, a leg of veal cut in different pieces, then over the veal the inside flesh of the turtle, and the members over the whole. Then partly moisten the whole, with the water where you are boiling the shell, and sweat it thoroughly. Then moisten it again with half the liquor in which the bones, &c. have been boiling, put in a large bunch of all such sweet herbs as are used in the cooking of a turtle. Let the whole get thoroughly done. With respect to the members, probe them, to see whether they are done, and when done drain them, and send them to the larder, as they are to make their appearance

only when the sauce is absolutely completed. When the sauce is also completely done, drain it through a silk sieve; make a *roux blanc* (see sauces) very thin; whereas turtle soup must not be much thickened, when the flour is sufficiently done on a slow fire, moisten it with the sweating put through a silk. By this time all the parts to which there were nerves attached, are become cold; cut them about an inch square without waste, mix the whole with the sauce, which must simmer gently. Then try them again, for if done enough, they are not to be kept on the fire. Next take a small quantity of the herbs, which are to be chopped fine for a turtle of 120 lbs. weight. Take four bottles of Madeira, which reduce to two. Let the sweet herbs boil in the wine with a little sugar, to take off the tart savour of the wine and of the herbs: then rub them through a tammy and pour that over the turtle sauce, and let the whole boil for a short time. Then make some *quenelles à tortue*, which being substitutes for eggs, require not being very delicate. They are made in the following manner. Take a *sous noix* of veal, scrape off all the meat, without leaving any nerves or fat, soak in milk about the same quantity of crumbs of bread. When the bread is well soaked, squeeze it, and put it into a mortar, with the

veal, a small quantity of udder of veal, a little butter, the yolks of four eggs, boiled hard, a little cayenne pepper, salt, spices, and pound the whole very fine. Then thicken the mixture with two whole eggs, and the yolks of another. Next try the *farce* in boiling hot water; and if too thin you add the yolk of an egg. When the *farce* is in perfection, take one half of it wherein introduce a *verd de persil.* Let the whole cool, in order to roll it of the size of the yolk of an egg; which poach in water, and put it into the turtle. Before you send up, squeeze the juice of two or three lemons, with a little cayenne pepper, and pour that into the soup. The fins may be served as a *plat d'entrée* with a little *sauce de tortue;* if not on the day following you warm the turtle *au bain marie,* and serve the members entire. When either lemon juice, or cayenne pepper have been introduced, no boiling must take place.

Some people require besides, *fricandeaux, blanquette,* &c. all of which are prepared in the same manner as veal. (See *fricandeau, blanquettes.*)

### N° 35.—*Potage Printanier.*

Take carrots, turnips, heads of celery, and small onions, cut into the shape of olives, blanch

them, in winter; but in summer, fry them with a little butter, and put them to boil in clear broth, with a little sugar. Now you have ready green tops of asparagus, and French beans cut into lozenges, which are boiled in water very green, and put into the soup when you send up, with slices of bread cut *en liards*, soaked separately in a little broth; if you have any peas, you may put in some likewise.

### N° 36.—*Potage à la Jardinière.*

This is like all other *Printanières*, only add leaves of sorrel and lettuce, without the stalks.

### N° 37.—*Potage en Hochepot aux Navets.*

Take a loin of mutton, cut off all the ribs to put into the soup, which is to be made in the following manner. Take the *parures* of the chops, with a knuckle of veal, which *mark* in a stew-pan with leeks, a few turnips, and shred parsley. Moisten the whole with good broth. Let it stew for two hours; then boil the chops thoroughly in that broth, in order that they discharge no scum in your broth. You then have some pearl barley boiled in water. Drain it well, put it into a stew-pan with the mutton broth, drained through a silk sieve. You likewise have a few turnips, cut into dice, which you put with the pearl barley when the turnips

are nearly done enough. Now drain the chops, and give them a few boils with the barley and turnips. Serve up the chops, ribs, or cutlets, as you please to call them, in the soup, and pour in a little parsley chopt very fine.

### N° 38.—*Potage en Hochepot.*

Take some carrots, and turnips, which cut into the shape of small corks or otherwise. Blanch them and put them into some nice brown broth. Then let them boil for about an hour. Now you have a few mutton chops which have been doing separately, because otherwise they would make the broth look white. Throw them into the soup, with the bread as in N° 1. Serve up hot, and without any grease.

### N° 39.—*La Tête de Veau en Tortue.*

See *Relevé de Potage.*

### N° 40.—*Potage à la Bauveau.*

Take some turnips, peel them, and use a cutter with which you cut out a few balls as round as possible, but very small. Blanch them, and boil them in some *consommé*, well clarified, with a little sugar. Serve up with bits of bread as in N° 1, soak singly, not to spoil the look of the soup, which must appear very bright, and put to it two spoonfuls of *blond de veau*.

# TUREENS THAT ARE SERVED WITH SOUPS.

## N° 1.—*Fricassée de Poulets.*

The *fricassée de poulets à la paysanne*, with small onions and chopt parsley. (See *fricassée, entrées de volailles.*)

## N° 2.—*Macaroni with Parmesan Cheese.*

Take some macaroni from Naples, which stew in water, salt and butter. When it is done put in a stew-pan a good lump of butter, some raspt Parmesan cheese, some *gruyère* or Swiss cheese likewise, a little pepper, and a spoonful of cream. *Sautez* your macaroni till the cheese be well mixed with it; then pour it into a tureen; powder some raspt cheese over it, baste it with a little butter, and use the salamander to make it brown, for the butter would turn to oil if you were to bake it in the oven.

## N° 3.—*Giblotte of Rabbits.*

There are two different ways of making a *giblotte* of rabbits; it may be made either white or brown. (See *entrées de gibier.*)

N° 4.—*Breast of Lamb with green Peas.*

Braize the whole breast, when it is done take out the small bones, flatten it between two dishes, and let it cool. Now cut it into the size of small chops, and warm them in a little *consommé:* next drain and glaze them, and mask them with your peas in the following manner.

Take some very fine peas, which you handle in water with a little fresh butter; you next drain them, then sweat them over a very slow fire, with a small slice of ham, and a bunch of parsley and green onions. When they are nearly done, take out the ham and the parsley and onions, and reduce them in a good *Espagnole* and a little sugar. They are used to *mask* the meat.

N° 5.—*Breast of Lamb with Peas, au blanc.*

Take a breast of lamb which braize as above. Stew your peas in the same manner; but instead of using the *Espagnole* you must use the *sauce tournée.* Thicken your sauce with the yolks of two eggs that it may look whiter. (See Sauces.)

N° 6.—*Tendrons of Veal with Peas.*

(See *entrées de veau.*) I only mention them here as they are sent up as tureens. The peas are prepared as above. (See Sauces.)

N° 7.—*Tendrons of Veal, en Haricots Vierges.*

BRAIZE them as indicated *(entrées de veau)*, and mask them with an *haricot vierge*. (See Sauces.)

N° 8.—*Tendrons of Veal en Chipolata.*

BRAIZE you *tendrons* as above. The *chipolata* is made in the following manner. You have peeled and boiled some chesnuts ready. Take a few small sausages, some small onions stewed *à blanc*, likewise bits of bacon, the breast part, cut into corks, and also stewed *à blanc*, and some mushrooms which you stew with some *sauce tournée*. When your sauce is in a proper state of forwardness, thicken it; put in all your ingredients, and after having dished your *tendrons* in the shape of a well, you put the *chipolata* in the middle, but keep some of your sauce to mask the *tendrons*. You may add some cock's-combs, &c.

N° 9.—*Tendrons en Chipolata au roux.*

PREPARE as above, but use *Espagnole* instead of *sauce tournée*. You may add a few truffles.

N° 10.—*Les Pois au Lard.*

THESE may be served as a tureen without any other meat; but they may also serve as a sauce for *tendrons* either of veal or of lamb, members

of fowl, and giblets of turkey. It is to be observed, however, that those articles which serve as tureens must be cut, as you could not carve them in a soup. Take some bacon, the breast part, which cut about an inch square, boil them in water to extract the salt; then fry them in a little butter till they be of a fine brown. You next handle some fine peas and a little fresh butter in cold water. After having drained them, you put them in a stew-pan with your bacon, and a bunch of parsley and green onions. Then let them sweat over a slow fire. When nearly done moisten them with two or three spoonfuls of *Espagnole* and a little sugar. Boil them a few minutes. Send up either with or without any other meat.

### N° 11.—*Breast of Mutton en Haricot.*

BRAIZE the breast of mutton as you would do a breast of lamb. Take out the small bones and let the breast cool. Then let your meat be cut into hearts; warm them again separately in a little *consommé*, and after having drained them, mask them with the haricot. (See Sauces.)

### N° 12.—*Breast of Mutton en Hochepot.*

BRAIZE it as above, and mask it with a *hochepot*. (See Sauces.)

N° 13.—*Pluck of Lamb à la Pascaline.*

Take the head, trotters, liver, lights, &c. bone the head and trotters as well as you can. Set them to disgorge and blanch them. Then stew them in a *blanc* as you would do a calf's head. When thoroughly done put them in your *pascaline*, which is no other thing than an *Italienne blanche*, that you have thickened. (See Sauces.)

N° 14.—*Le Civet de Lièvre*

Is only mentioned here, to imply that it is sent up as a tureen. (See *entrées of gibier.*)

N° 15.—*Les Cuisses d'Oie à la purée de Pois verds.*

Take and bone the legs of fat geese; braize them; season them well. When they are done, mask them with the *purée* of green peas. (See Sauces.)

N° 16.—*Cuisses d'Oies à la Choucroute.*

Sourcrout is sold ready pickled. Drain some and *mark* it in a braizing-pan with a small piece of bacon, (the breast part) a bunch of parsley and green onions, seasoned with spices, bay leaves, thyme, and mace. With the sourcrout put a little whole pepper. Now put the legs of

geese in the middle of the sourcrout, cover the whole with layers of bacon, and moisten with rich liquor of *braize*, or top-pot, drained through a silk sieve. If you should have the knuckle of a ham, you may put it in after having blanched it. Three hours are required for all the above to be done over a slow fire. When the sourcrout is done, put it in a large hair sieve to drain; then dish it, that is, put it into the tureen with the legs of geese in the middle, the sausages and baconall round, and sauce with an *Espagnole*.

N° 17.—*Cuisses d'Oie à la Choucroute Française.*

Braize the legs in the same manner as those *à la purée de pois verds*, and mask them with the *choucroute Française*, which is made as follows. Take off the stock of a white cabbage, mince the whole nearly as is done with regard to sourcrout; cut some bacon (the breast part) into small squares of about an inch; fry your bacon a little, and then take it out to put your cabbages into that grease, in which they are to sweat. When nearly done put the bacon in again and moisten with some thin *sauce tournée*, because if it were thick you could not get the grease off. Reduce your cabbage, and use them to mask the legs of geese. You may also put in some sausages that have been braized with the legs of geese.

N° 18.—*Giblets of Turkey en Haricot.*

We call giblets of turkey, the pinions, the neck, the liver, the gizzard, &c. When all those parts have been washed clean, mark them in a stew-pan. Wrap them up in layers of bacon; moisten with good broth and a little salt. When done, drain them, and after having placed them in the tureen, cover them with *l'haricot brun.* (See Sauces.)

N° 19 —*Pinions of Turkey en Haricot.*

Take the pinions of half a dozen turkeys. Bone them as far as the middle joint, and then let them disgorge in warm water: next blanch them, and after having singed them, mark them well wrapt up in layers of bacon, and moisten with a *braize,* if you have any; if not with a small bit of butter, a little broth and salt, one onion and two cloves. When done, drain them and mask with the *haricot brun.*

N° 20.—*Membres de Volailles aux Nouilles.*

When you have a large dinner to send up, you necessarily have a vast quantity of fillets of fowl, and as the legs may be used for the *entrées,* you must use them in preference for a tureen. Bone the thighs, seasoned well inside, and sow them up so as to give them a good

shape. You next braize them as white as possible, and sauce them with the *nouilles*. (See Sauces.)

### N° 31.—*Le Hachi de Volaille à la Turque.*

The *hachis* of fowl, and the *purées* of game, may serve as tureens. (See *entrées de volaille et de gibier*.)

### N° 22.—*Les Œufs à la Tripe.*

Take a dozen of eggs boiled hard, cut them into thick round slices, and put them into the sauce, which is to be made as follows. Cut three large white onions into dice; fry them white in butter. When they are nearly done powder them well over with flour, and moisten with some good milk, and a few spoonfuls of cream. Keep stirring with a wooden spoon to prevent their burning. When your sauce is done, grate a little nutmeg into it, and season with a little salt and pepper, &c. then throw your eggs in and send up.

### N° 23.—*Eggs à la Créme en Surprise.*

Take a dozen of eggs boiled hard, and cut them in two. Then take out the yolks which strain through a hair sieve. Chop the whites very fine, and make a *sauce à la créme*, which

is marked as a *sauce blanche*, except that you moisten it with cream. When your sauce is well done, you add to it a lump of butter, throw your chopt whites into your sauce, and season it well. You then pour the sauce and whites into the tureen, and mask the whole with the yolks, which you baste with a little butter, and make them brown with a red hot shovel.

### N° 24.—*La Morue à la Maître d'Hôtel.*

Take some salt cod and let it lie in water to draw out the salt. Then scrape it well all over, and let it be done without boiling. When done drain it and scollop it in a *maître d'hôtel.* (See Sauces.)

In order to prevent continual repetitions, and to save a great expence in the publication of this work, I have thought proper to use references, so that the price may be within every body's reach.

### N° 25.—*La Queue de Bœuf en Hochepot.*

Beef tail is very good eating, but in general it is seldom sent up as *entrée* although *en hochepot, et en haricot* (see Sauces) they may be served as tureens. The beef tail is to be cut in the joints, and left to disgorge in water. It must next be blanched. You then let it cool,

and mark it between layers of bacon, to prevent its getting black. Season it with carrots, onions, &c. When done drain it, and serve up with the sauces above-mentioned.

N°. 26.—*The same en Haricot brun.*

Braize as above, and mask with *l'haricot brun.* (See Sauces.)

N°. 27.—*The same, aux Petits Pois.*

The same as in N°. 25, mask with *pois au lard.* (See N°. 10 above.)

# CHAP. III.

## REMOVES

OF THE

## SOUPS AND FISH,

BOTH IN THE

## *FRENCH AND IN THE ENGLISH WAY.*

### N° 1.—*De la Culotte,* or *the Rump of Beef au Naturel.*

Bone it, tie it round with packthread, and boil it in the same pot in which you make the broth. When done drain it a quarter of an hour before dinner time, that you may trim it well and glaze it several times. Dish it with parsley all round.

Several people *braize* the rump of beef, which I do not approve, as it gets too high seasoned for people who have so many other things to eat. The sauces and *garnitures* that are served at the same time are sufficiently seasoned, without the beef being so likewise. Besides the first method is the most economical as the rump *braize* furnishes too rich liquor to be used in delicate cooking. Moreover when boiled

in the common way, the rump is more wholesome, makes more broth, and therefore deserves the preference. However, not to disappoint such as might like it, I shall proceed to treat of

N° 2.—*La Culotte of Beef à la Flamande.*

Take a *culotte* of beef well covered with fat: bone it, tie it up with packthread. Then put up layers of bacon at the bottom of a braizing-pan; lay the *culotte of beef* with its top part upwards on the bacon: next cut into slices a large quantity of veal, which serve to wrap up the beef; then cover the whole with layers of bacon, put in some carrots, onions, parsley, young onions, thyme, bay-leaves, mace, cloves, spice, salt, and pepper. Moisten with a little broth; then close the brazing-pan as hermetically as possible, and let the meat stew on a slow fire for four hours; then drain and glaze it with some of the liquor, which reduce without loss of time. Then take some carrots cut in the shape of corks, and turnips ditto, which are to stew singly, as the turnips are tenderer than the carrots; if they were put together they would break. They must be served up glazed. Add likewise some glazed onions, braized lettuce, and put all those roots and vegetables round the *culotte*, in small lumps, then send up with a very thin *Espagnole*, well seasoned. (See Sauces.)

N° 3.—*Breast of Beef à la Flamande.*

Take that part of a breast of beef where are the *tendrons;* cut it into square pieces of the size you suppose a person may eat. Blanch it, put layers of bacon at the bottom of a brazing-pan, and over them the pieces of beef, likewise of *petit lard* that has been blanched and seasoned the same as the rump. Take some carrots and turnips cut in the shape of corks, and cabbages that are to be braized separately. When the beef is done, drain all the vegetables, and dress them like a draught board, that is to say, put a piece of beef, next a piece of bacon, then some carrots, and next a square of turnips, all of which have been stewed in the *braise.* The cabbages are to be laid round the dish, and sauce them with an *Espagnole,* the same as the *culotte.* You should also have some small vegetables boiled to glaze, which you spread over after having poured the sauce, as braized roots and vegetables are not pleasing to the eye. This breast of beef may be sent up whole, the same as the *culotte,* N^os^ 1 and 2, garnished with glazed onions, cabbage and sausages, *hochepot,* petty patties *à la Mazarine;* lettuce glazed *à l'Espagnole,* artichoke bottom ditto, cauliflowers, &c. &c.

N°. 4.—*Aloyau*, or *Surloin à la Godard.*

Take that part which is next to the *culotte*, turn it upside down leaving a large quantity of fat on the *filet mignon;* cut off the nerve if you wish to lard the fillet, which latter however is not requisite. *Mark* it in a very large brazing-pan : trim it with plenty of veal, bacon, carrots, onions, parsley, thyme, bay-leaves, spices, and let the whole stew for four hours over a very slow fire. When done drain it; slit the *filets mignons*, and put into the slits cock's-combs and slices of tongue *à l'écarlate.* (Vide tongues *à l'écarlate.*) Then garnish with a *godard*, which is made in the same manner as a *chambord.*

N°. 5.—*L'Alloyau roasted.*

The only observation and direction required with regard to this article, is, that part called the loin is the most delicate.

N°. 6.—*A Quarter of Mutton roasted.*

We call a quarter of mutton the leg and half of the saddle all of one piece, but it is not customary to send it up so in England, where the leg alone is served; this latter method I deem the best, as the saddle not requiring being done equally with the other part, of course one of the two must be void of savour.

N°. 7.—*Leg of Mutton braizée, otherwise Gigot de Sept Heures.*

MARK the leg of mutton in a *braizière;* trim it with a little veal, a few carrots, onions, and a bunch of parsley and green onions, properly seasoned. Cover the whole with thin slices of bacon, to prevent its being burnt. Let it stew for about four hours: then take the liquor which strain through a silk sieve; reduce it to glaze the leg of mutton, which you send up with glazed onions, or white beans *à la maître d'hôtel,* or *à la Lyonnaise.*

N°. 8.—*Loin of Veal roasted.*

TAKE a fine loin of veal, which cut quite square. Introduce *attelets,* or skewers, in the flank, which you have rolled up. Then fix it on the spit, and cover it with buttered paper. Take the paper off about a quarter of an hour before you send the joint up, that it may be of a nice brown colour. Gravy alone is requisite under the joint.

N°. 9.—*Loin of Veal en surprise.*

THE same as above, only it will happen that the master takes off part of the fillet; in this case you cut off the remainder, and make an *emincé* (see *emincé*) which you throw into a kind

of guttar you have prepared, and when this *emincé* is nearly cold, you then *panez* the loin entirely with a sauce *à attelets*. (See Sauce *à Attelet*.) Cover the sauce with crumbs of bread, and next drain some melted butter over it; then have another bed of crumbs of bread, and repeat the operation of the butter. The only thing to be done now, is to put the loin into the oven till it be of a nice brown colour, and to serve it up with gravy to give it a relish.

### N° 10.—*Loin of Veal à la Créme.*

The same as the first, N° 8. As soon as it is done, take off the fillet and cut it in scollops, which throw into the *sauce à blanquette*. (See Sauce *à blanquette*.) Put this *blanquette* in the aperture, and send up with the same sauce under it.

### N° 11.—*Calf's Head au naturel.*

Take a nice calf's head and bone it, that is to say, take off the bones of the lower jaw, and of the nose, which you cut off, as close to the eyes as possible. You then put all this into a large vessel with warm water, to wash off the blood, which otherwise would make the head look reddish. Then blanch it thoroughly and let it cool. Now make a *blanc* in the following

manner. One pound of suet of beef, cut into dice, one pound of fat bacon, also cut into dice, half a pound of butter, the juice of a lemon, salt and pepper, one or two onions, a bunch of parsley, seasoned with thyme, bay-leaves, cloves, mace, all-spice, and water enough to cover the calf's head. When the *blanc* has boiled for an hour, fold the head up in a clean towel, let it boil in that *blanc* for about three hours. When done drain it. Take out the tongue, flay it, and then replace it. A calf's head must be served up quite hot, with a sauce called *au pauvre homme*, namely minced shalots, parsley ditto, vinegar, salt and pepper, with the brains well minced in the above sauce.

### N° 12.—*Calf's Head. Sauce aux Tomates.*

The same as in N° 11. With this difference only that it is to be *masked* with a sauce *aux Tomates*. (See Sauces.)

### N° 13.—*Calf's Head bigarée.*

Take a nice calf's head which prepare as in N° 11; drain it whilst hot, to be enabled to give it a good shape; then divide it into two parts, which squeeze hard between two dishes, and let them cool. When quite cold, dip one half into the yolks of four eggs well beaten up with butter, and a little salt and pepper, then into crumbs

of bread. This is to be repeated twice. Do the same with the other half, only add plenty of chopped parsley to the crumbs of bread, that it may be made quite green. Next put both halves into an oven till they be of a nice brown colour, and serve up with either a *poivrade*, an *Italienne*, or a *sauce aux Tomates*. (See Sauces.)

### N° 14.—*Calf's Head du Puits certain.*

Bone a calf's head. Make a *farce* with veal, fat bacon, and sweet herbs, chopped fine and high seasoned. When this *farce* is made stuff the calf's head with it, and sow it up all round, to prevent the stuffing from dropping out: then wrap it up in a cloth, and stew it *à la braize*; that is to say, you put it in a braizing-pan with abundance of slices of veal, and layers of bacon, seasoned with carrots, a bunch of parsley, thyme, bay-leaves, and spices. Let it stew for four hours, and serve up with a *financière* mixed with a glass of Madeira. (See Sauces)

### N° 15.—*Calfs Head en Tortue.*

The head dressed as in N° 11. Let it cool, then cut the most nervous parts into square pieces, which throw into a *ragoût de financière* (see Sauces) thinner however than if it were used for sauce. Reduce a little Madeira with an equal quantity of *consommé*, which mix with the

soup. Add a little cayenne pepper and lemon juice.

### N° 16.—*Calf's Head à la Chambord.*

Dress it as indicated N° 13. When done and drained take pieces of pickled cucumbers cut into kind of nails, with which lard the head, then *mask* it with a *financière* garnished with larded sweetbreads, large *quenelles* (see Sauces) and pigeons *à la gautier.*

### N° 17.—*Farm-Yard Turkey à la Montmorenci.*

Take a large fat farm-yard turkey: truss it up as if it were to be *poëlé*, dip the breast into boiling hot water to make it firm, so as to enable you to lard it nicely; then *braize* it with a good fire on the cover of the pan, that the bacon may get dry and retain the *glace* better when you glaze the turkey. Take care it is not done too much, drain it, and serve up with a *financière* of a fine light brown colour and well seasoned.

### N° 18.—*Turkey Sauce au Céleri.*

Truss it nicely, wrap it up into layers of bacon; then boil it in plain water with a little salt, butter, and lemon-juice. Drain it, and *mask* it with *la sauce au céleri.* (See Sauces.)

### N.° 19.—*Turkey à la Périgueux.*

Take a nice fat turkey. The moment it has been killed, empty it, and put plenty of salt inside of the body. Then let it cool, and prepare some truffles in the following manner. Take a large quantity, peel them, and smell whether they be all of a good flavour. Then pick out the smallest, which chop very fine. Take some fat white bacon, and rasp it so as to procure the fat only without the nerves. When you have thus rasped a sufficient quantity to fill the body of the turkey, stuff the turkey with the chopped truffles and bacon seasoned with salt, spices, pepper, and cayenne-pepper, well mixed together. Sow the turkey up, and keep it in the larder for about a fortnight, so long as it retains a fine flavour. Then roast it well, wrapt up in layers of bacon and covered with paper, &c. Serve up with a *purée* of chesnuts *à brun.* (See Sauces.)

### N.° 20.—*Fowls à la Condé.*

Take a couple of fine white fowls, empty them, take off the bone of the breast, and the nerves of the legs, then truss them, and introduce within the body a little butter seasoned with lemon juice and salt, which will make the fowls look well and whiter. Next *mark* them in

a stew-pan trimmed with layers of bacon, cover them well and pour over them a *poële*, which is made in the following manner. Take a pound of veal, cut into dice, the same as a pound of fat bacon, and a little ham. Fry the whole white in half a pound of butter. Moisten the whole with pale broth; season with a bunch of parsley, salt, and pepper, and when sufficiently stewed drain it through a hair sieve over the fowls, which stew for three-quarters of an hour over a slow fire, but keep a brisk fire on the cover of the stew-pan. When done drain them, next dish them with a tongue *à l'écarlate* in the middle, and the sauce *à la financière*.

### N° 21.—*Fowls à la Montmorenci*

Are prepared the same as fowls *à la Condé*, in every other respect, but the breast of these is to be larded, and glazed of a fine colour: garnish with larded sweetbreads, *quenelles à la cuillière*, &c. and a *ragoût à l'Allemande* for sauce.

### N° 22.—*Capons à la Turque.*

Take two white capons, empty them and put them into warm water that they may disgorge the blood, which would otherwise produce a great deal of scum. You have ready some rice which has boiled till soft in rich *con-*

*sommé*, put this rice into the body of the capons. Then truss them, cover them with layers of bacon, wrap them up into paper, aud spit them. When done dish them with a garnish of soft rice, and a *velouté* for sauce.

### N.° 23.—*Westphalia Ham à l'Essence.*

Take a small Westphalia ham, and trim it well. Be particular in sawing off the knuckle in order not to break the bone into splinters. Keep it a couple of days in water to take out the brine, and boil it in plain water for four hours. When done drain it, and take off the rind, then give it a nice round form. You then put it in the oven for a few minutes to dry the fat; which otherwise could not be glazed properly. When quite dried, glaze it of a fine colour, and serve under it an *essence*. (See Sauces.)

### N.° 24.—*Ham au Vin d'Espagne.*

Take in preference a Bayonne ham, which you prepare in the same manner as indicated above: but it needs not being left so long in water, as it is not so briny as the Westphalia hams are. Blanch it in water only during two hours. Then drain it and *mark* it in a *brazière* trimmed with thin slices of veal at the bottom,

seasoned with carrots, onions, parsley, bay-leaves, spices, &c. Pour over these two glasses of rich *consommé* and a pint of sherry, and let it boil for about a couple of hours. When done pour some of the liquor, after having skimmed off the grease, into an *Espagnole*, which is the proper sauce.

*N. B.*—When the ham has boiled for two hours in the water you must trim it instantly, that you may send it up the moment you take it out of the braize.

### N° 25.—*Ham aux Féves de Marais.*

Boil the ham as in N° 23, glaze it in the same manner, and serve under it Windsor beans, dressed as follows.

Take some very small Windsor beans, boil them in water with a little salt. When boiled enough take a little *velouté* into which throw a large lump of fresh butter, a little chopt parsley and savory, toss the beans in that sauce after having drained them, and dish the ham over the beans.

### N° 26.—*Saddle of Lamb roasted*, or *Roast Beef d'Agneau.*

Take the saddle and both legs of a lamb: cut on the middle of each leg a small *rosette*, which

is to be larded the same as the fillet. Roast them, and glaze the larded parts of a good colour. In France we serve it up with *maître d'hôtel*, but in England you send up with gravy under it, and in a sauceboat mint-sauce with sugar and vinegar.

N°. 27.—*Saddle of Mutton*, or *Roast Beef de Mouton.*

The same preparation as above. This is only sent up in particular cases, when large dishes are wanted to cover a table of extraordinary magnitude, or to display the prodigality of the host.

N°. 28.—*Saddle of Faun*, or *Chevreuil.*

The same as N°. 27. When larded, put it in a very large vessel with salt, pepper, and onions cut into slices, parsley, vinegar, &c. Leave it thus to pickle for two or three days, taking great care however to turn it frequently on every side. You then roast it, and send up with a *poivrade* under it.

N°. 29.—*The Haunch of Venison.*

It was customary in France to cut off a small *rosette* from the leg and to lard it, then to pickle it. In England it is the common way to lay it on the spit, then to make some paste with flour and water only, and to wrap the venison into that paste, which is secured by a few sheets of

paper. It cannot be done thoroughly in less than four hours. It is usually served up with red currant-jelly made hot with a little port wine.

N° 30.—*Le Carré of Venison.* (The best Part of the Neck.)

Is also to be roasted, but as it is not by far so thick as the haunch, the paste may be dispensed with.

N° 31.—*L'Oeille.*

Take a fat goose, empty it and truss it with the legs inwards: then *mark* it in a *brazière* and moisten it a little; cover it well with layers of bacon that it may retain its white colour. Then take some pheasants, grey and red partridges, which *braize* in a separate stew-pan, and when the whole is done, drain and serve up with an *Espagnole* for sauce.

N° 32.—*Leg of Pork.*

Take the leg of a porket, which rub over with salt, and put it well covered with salt also in a vessel, where it is to be left ten days. Then boil it in water and send it up with green cabbage all round, and a pease-pudding, which is made as follows.

Take a quart of dry peas, wash them clean,

wrap them up in a clean towel and throw them in the same vessel as the leg. When the peas are done, strain them through a sieve, put in a good lump of butter, two eggs, and poach them, wrapped up in a clean towel, to make the pudding.

### N° 33.—*Fowls à la Mirepoix.*

Take a couple of white fowls, which empty and truss with the legs bent down as a *campine.* (See *campine.*) Then *mark* a *mirepoix* in the following manner. Take a few slices of ham, some rasped bacon, butter, salt, bay-leaves, parsley, and lemon-juice: let the whole fry white on a very slow fire. When the rasped bacon and butter are well mixed together, *mark* the fowls in an oval stew-pan trimmed with layers of bacon which moisten with the *mirepoix* and a spoonful of broth, to prevent their frying. They must stew for three-quarters of an hour on a very slow fire; then drain them well, and serve up an *Espagnole,* or a *ravigotte.*

*N.B.*—All voluminous *entrées* may be served as a *relevé* (remove), as for instance a large *noix* of veal *à la bourgeoise,* a large *carée* of veal garnished with vegetables, and in short whatever is of too great a magnitude for an *entrée.*

N° 34.—*Boiled Turkey with Oyster Sauce.*

This is to be boiled in the same manner as in N° 18. (See Sauces *aux huîtres.*)

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## FISH SENT UP WITH THE SOUPS;

BUT WHICH IN FRANCE ARE SERVED AS

## *REMOVE OF THE SOUP.*

### N° 1.—*Turbot à l'Eau Sel.*

Take a turbot that has disgorged, put it into boiling water with a little salt, vinegar, or lemon-juice. It must not be left in the water above three-quarters of an hour. Then drain it, and send it up with the sauce separately. Lobster sauce is to be made as follows.

Take a hen lobster, cut the flesh into small dice, keep the eggs, which pound and strain through a hair sieve, after having mixed a little butter. You then make a *sauce blanche,* (see Sauces) let it be rather thick: then mix the eggs of the lobster with that sauce, and throw into it a little *beurre d'anchois* (see Sauces), a small quantity of cavice,* a little cream. Now take care the sauce does not boil, for it would curdle, and lose its colour.

* Mackay, in Piccadilly sells the best, that is to say, the only genuine cavice.

### N° 2.—*Broiled Turbot.*

MARINEZ the turbot in olive oil, salt, pepper, &c. next broil it on a slow fire: but it cannot be sufficiently done in this way in less than an hour. You must accordingly put it on a slow fire in due time. Then *mask* it with caper sauce which is to be made as follows. *Mark* a *sauce au beurre* (see Sauces) with a little *glâce* in it; when melted you throw in a *beurre d'anchois*, and some capers, and vinegar. Then give a good seasoning, and *mask*, that is pour the sauce over the fish.

### N° 3.—*Boiled Salmon with Lobster Sauce.*

PUT the salmon into boiling water, the same as the turbot, with salt only. Serve up with lobster sauce.

### N° 4.—*Tranches de Saumon grillées, Sauce aux Câpres.*

MARINATE your slices of salmon in oil and salt, broil them on a slow fire, and *mask* them with caper sauce.

### N° 5.—*Salmon, Sauce Matelotte.*

BOIL it in plain water; then *mask* it with *Sauce Matelotte.* (See Sauces.)

N°. 6.—*Salmon à la Genévoise.*

Take a few shalots, some roots of parsley, a bunch ditto seasoned with spices, thyme, bay-leaves, and a few carrots. Let the whole be lightly fried in a little butter. Then moisten with white wine (Madeira in preference). Let it boil for three-quarters of an hour. When the *marinade* is done, drain it through a tammy, over the fish, which stew in that seasoning. As soon as the fish is sufficiently stewed, drain it, pick it well of all the scales, and return it into the vessel wherein it has boiled, with some of the liquor to keep it hot. Now reduce some of the *marinade* with a good *Espagnole*, skim all the fat or grease off, into which throw a good piece of butter. To be well kneaded with flour, a little *beurre d'anchois*, all which will serve over the salmon after having drained it. Some will have lemon-juice to it, which is a matter of taste.

*N. B.*—Salmon is also served *au court bouillon.* (See N°. 25.)

N°. 7.—*Cabilleau*, or *Cod, Sauce aux Huîtres.*

Boil the fish as you do turbot: drain it and make the oyster sauce in the following manner. Boil the oysters in their own liquor, drain them, take off the beard, and wash them in fresh water to carry off the sand which is occasionally left.

Then take a small lump of butter powdered over with flour, dilute the sauce with the liquor of the oysters, with a little cavice,* and cream. Mind it is not to boil for a long time; put the oysters in the sauce and send them up in a sauceboat. Add a little cream to it.

### N° 8.—*Tranches de Cabilleau,* or *Slices of Crimp Cod.*

Boil these slices in the same manner as the fish when entire, and send them up with the same sauce.

### N° 9.—*Cabilleau à la Créme.*

The same as above. The sauce *à la créme* is made in the following manner. Take a small lump of butter, a little flour, some cream and a little salt, mix them together, and turn them on the fire, but do not let the sauce boil. Then *mask* the fish.

*N.B.*—It is not served up so in England.

### N° 10.—*Le John Dorey. Sauce au Homard.*

Boil it in the same manner as you do turbot. (See N° 1.) Send it up with lobster sauce.

### N° 11.—*Ditto broiled with Anchovy Sauce.*

Marinade and broil it in the same manner as

* The best is sold at Mackay's, Piccadilly.

you do turbot. The same sauce also, but without capers.

### N° 12.—*Les Solles frites et bouillies.*

Boil the soles in boiling water with a little salt and vinegar. Fried soles are to be covered with crumbs of bread, which is to be done in the following manner. Break four eggs, which beat with a little salt: dip the soles into this *omelette* first, then into crumbs of bread. Fry the fish till it be of a fine colour. Shrimp sauce is made as follows. Make a *sauce blanche,* with which mix a little *beurre d'anchois;* throw in the shrimps, and send up in a sauceboat.

### N° 13.—*Broiled Soles.*

Dip them into beaten eggs and crumbs of bread as above, but twice, using melted butter the second time. Broil them till they be of a light brown, and send up with shrimp sauce.

### N° 14.—*Fried Whitings à l'Angloise.*

Take very fresh whitings, empty them well, and flay them. Then fasten the tail in the mouth with a small skewer, and dip the fish into an *omelette,* the same as the soles, then into crumbs of bread, and fry them till they be of a light brown. (See Shrimp sauce.)

N°. 15.—*Fried Whitings à la Françoise.*

Let the whitings be very fresh, and of an equal size: empty and scrape them well all over; then wash them in different waters. When quite clean slit them equally on the back, and dip them into flour only. Next fry them in very hot oil, and over a large fire, for otherwise when you put them in they might cool the dripping. When of a light brown send them up with shrimp sauce in a sauceboat.

N°. 16.—*Boiled Whitings.*

I should think it useless to explain what is generally known, about boiling whitings, or fish of any other sort. Therefore I shall only mention a few articles, which might have escaped the memory of some of my brethren, who are desirous of displaying variety.

N°. 17.—*Mackarel à l'Angloise.*

Boil the mackarel as you would any other fish, and make a fennel sauce, which in France is called *fenouille*. The fennel is to be boiled in water with a little salt; then it is to be chopped very fine, and thrown into melted butter and serve up.

*N.B.*—It is to be observed, that it is customary in England to send up the fish with the above melted butter.

### N° 18.—*Broiled Mackarel.*

Pick out in preference mackarels with soft rows, which are the most delicate. Empty them, open them at the back, and *marinate* them in oil, salt, and pepper. Next broil them, but unless they be done enough they are never good. A *maître d'hôtel maigre* (see Sauces) is to be put over the fish.

*N.B.*—All other methods of dressing fish, will be found in the chapter of *entrées.*

### N° 19.—*Boiled Haddocks*

Are boiled in the same manner as the soles, and served up with shrimp sauce.

### N° 20.—*Skate with Shrimp Sauce.*

According to French fashion it is boiled in a *marinade:* but in England it is boiled generally in water with a little salt and vinegar. The sauce is also sent up separately in a boat.

### N° 21.—*Boiled Pike, Sauce Hollandoise.*

Empty and scale the pike, wash it well after it has stood for an hour in cold water. Then boil it like any other fish, and serve up with a *Hollandoise maigre,* or Dutch sauces. (See Sauces.)

### N.° 22.—*Baked Pike à l'Angloise.*

Scale and empty your pike, without injuring the skin of the belly, into which you introduce a *farce* which would drop out if not well secured. This *farce* is made of two handfuls of crumbs of bread, one handful of chopt beef-suet, a little lemon peel chopt likewise, parsley ditto, salt, pepper, and spices, two whole eggs, and a little fresh butter. Mix the whole together, and pound it in a mortar: then stuff your pike with that *farce*, and turn the pike with its tail fastened in its mouth, by means of a skewer; then dip it, first into an *omelette*, and then into crumbs of bread, next into crumbs of bread again, then baste it over with butter, before you put it into the oven. If you are to send up two, one of them is to be made of a green colour, by means of mixing a quantity of chopped parsley with the crumbs of bread. Mind the oven must be well heated. When the pikes are of a fine brown, cover them with paper, and let them be well done through. Serve up with a *Hollandoise maigre*, or Dutch sauces.

### N.° 23.—*Pike à la Genévoise.*

Scale and wash your pike, and stew it in the same manner as the salmon, N.° 6.

N°. 24.—*Pike à la Polonoise.*

Wash your pike clean as above, then cut it into slices as if you wanted to make a *matelotte;* then fry a few carrots cut into dice, a few roots of parsley, a little ham, a bunch of parsley and green onions, seasoned with mace, cloves, thyme, and bay-leaves, and a little butter. Moisten the whole with a sufficient quantity of boiling water. When the *marinade* is well stewed, drain it through a silk sieve over the slices of your pike, and let them stew, but not too long, for they would break. When the fish is done enough, take the liquor in which it has boiled, to moisten a *béchamelle maigre,* which you *mark* in the following manner. Take a few bits of ham, mushrooms, a bunch of parsley, and green onions, a small white onion, which fry white in butter, then fry the whole white with a large handful of flour, and moisten with the liquor wherein the pike has been boiling. Stir this with a wooden spoon; when the flour is well done, throw in a pint of thick cream, that has already been boiling, and reduce the whole, till the sauce be thick enough to *mask* the fish. Now take some turnips, cut into dice, that have been stewed in broth and sugar; drain them and throw them into the sauce, after the latter have

been drained through a tammy. Drain the pike also, and *mask* it with the sauce, and the turnips.

*N.B.*—This sauce requires a little sugar on account of the turnips.

### N° 25.—*Pike à la Chambord.*

Scale your pike and let it disgorge in water for an hour or two. Then lard it in different places on one side of the back, and bake it in a *marinade au vin*, as you would do in the *marinade à la Genévoise.* That part which has been larded must stand uppermost, to prevent the other getting dry. Cover this with layers of bacon, and be particular in basting frequently with the seasoning. When your fish is done, glaze the parts that have been larded, and *mask* the others with a *ragoût à la Chambord.* Observe that the *quenelles* must be made of fish. The garnish is generally composed of large *quenelles*, small pigeons *innocents*, (squab pigeons) larded sweetbread of lamb, &c. Take a little of the *marinade*, skim off the grease, reduce it nearly to *glace*, and mix it with the *Chambord*, which is no other thing than a *financière* with the addition of a little *beurre d'anchois.*

### N° 26.—*Pike au court Bouillon.*

Take a large pike, which empty, without

scaling it. Then wash it clean, and drain it. Next boil some vinegar, and when boiling, pour it over the scales of the pike which will turn blue, and the scales will curl up if the vinegar be hot enough. Wrap the pike up in a towel, and let it boil in the *court bouillon*, which is prepared as follows.

### N° 27.—*Court Bouillon for Fish au bleu.*

Take a certain quantity of carrots, onions, roots of parsley, leaves of ditto, thyme, bay-leaves, mace, cloves, spices, which fry in butter without their getting too much colour. Then pour in two bottles of white and a bottle of red wine with salt, &c. This *marinade* being stewed properly will serve several times for stewing the fish, but remember each time you will use it, it requires a little water, besides it would become too strong in the course of time.

### N° 28.—*Trout à la Genévoise.*

This fish is the most delicate that can be prepared *à la Genévoise*. The *marinade* to be made the same as in N° 6, for salmon.

### N° 29.—*Roasted Sturgeon.*

Spit the sturgeon: make a *marinade au vin blanc*, with which baste your sturgeon. Next

use an *Espagnole* mixed with a *beurre d'anchois*, and a lump of butter, well blended together in your hand, after having mixed a small quantity of the *marinade* to be reduced with the *Espagnole*.

### N° 30.—*Baked Sturgeon.*

Make a *marinade cuitte*, and bake the fish with that *marinade*. The sauce as above.

### N° 31.—*Sturgeon à l'Eau.*

Boil your sturgeon as you would any other fish. Send up with *sauce Hollandoise*, or Dutch sauces.

### N° 32.—*Carp, au bleu, without Sauce.*

Take a fine carp, which empty without injuring the belly. Take off the gills, and after your have washed it clean, pour over it some boiling vinegar by which means the scales will curl up, and the fish get a blue colour. Then wrap the carp up in a towel, and stew it in the *court bouillon.* (See N° 25.)

### N° 33.—*Carp farci au Four.*

Take a fine carp, scale and empty it. Then detach one side of the fillets, without injuring the head. Now take this flesh, and that of another

carp of a smaller size, and make a *farce* in the following manner. Take the crumb of two penny loaves, soak it into cream or milk, then squeeze it, and put it into a mortar, with an equal quantity of the flesh of the carp, nearly as much fresh butter, with a little chopt parsley, a few mushrooms fried in a little butter, salt, pepper, and spice. When all these ingredients have been pounded in a mortar, add a couple of eggs entire, and continue pounding for a long time, then take alittle, which throw into boiling water, and taste. If it be too *delicate*, which means too thin, add one egg more, pound it again, and then rub it through the sieve *à quenelles;* and fill the carp up in the place of the fillet. Take care however to give it a good shape. Next let it be done thoroughly in the oven, and serve under it *sauce au beurre*, mixed with a little *glace*, a *beurre d'anchois*, some few fine capers, &c.

### N° 34.—*Carp, Sauce à Matelotte.*

Take a fine carp, scale and empty it. Then let it stew in wine enough to cover it. After having drained it well, take that wine to make the sauces and send it up *masked* with *sauce à matelotte.* (See Sauces )

N° 35.—*Broiled Carp, with Caper Sauce.*

Scale and empty your carp. Wash it, then wipe it quite dry. Then *marinate* it in oil, salt, and pepper; broil it and send it up with caper sauce.

N° 36.—*Caper Sauce for Fish.*

Mark a *sauce au beurre* into which throw a small portion of *glace,* and when the sauce is in a state of readiness, throw into it a *beurre d'anchois,* and choice capers.

N° 37.—*Tench.*

Tench, in England, are eat boiled, with a sauce *Hollandoise;* yet they are far better *en matelotte.*

N° 38.—*Perch.*

These likewise are sent up boiled, with Dutch sauce; but you will find a different way to dress them in the *Entrées.*

## CHAP. IV.

## FARCES, OR FORCED MEAT.

### N° 1.—*Quenelles de Veau.*

Take a *sous noix* or a *contre noix* of veal. Cut it into slices, which scrape with your knife till you have got off all the meat without the nerves. About half a pound of this raspt meat is sufficient for an *entrée*. You have boiled either in your *marmite*, or in plain water, a calf's udder. When it is cold you trim all the upper part, cut it into small pieces and pound it in a mortar till it can be rubbed through a sieve. All that part that has been thus strained through the sieve, you make a ball of, and of the same size as your meat, which you have also rolled in a ball; you then make a *panade* in the following manner.

*Panades for Farces in general.*

Soak in milk the crumb of two penny rolls for about half an hour; then take it out, and squeeze it to draw out all the milk. Put that crumb in a stew-pan with a little *sauce tournée;*

a little *consommé*, and some fine herbs, that is to say a little parsley, and a few mushrooms, and if approved of, a few shalots or very small green onions. Stew those herbs in a little butter for a moment, to do away their crudity. Then set them to reduce with your *panade*, which you must keep stirring constantly with a wooden spoon. When your *panade* begins to get dry in the stew-pan, introduce a small lump of butter, which assists in drying your *panade* without its sticking to the pan. When it is quite firm, take it off from the fire, and mix with it the yolks of two eggs. Then let it cool to use it when wanted. Your *panade* must always be prepared before hand, in order to have it cold, for it cannot be used when hot or even warm. When your *panade* is cold, you roll it into balls, the same as the two other articles, but let the balls be all of a size. Pound the whole in a mortar as long as possible, for the more *quenelles* are pounded, the more they are delicate. Then break two eggs, whites and yolks together, which you pound likewise; now season with pepper, salt, and spices in powder; when the whole is well mixed together, try a small *quenelle*, which you roll with a little flour; then poach it in boiling water with a little salt. If it be not firm enough, put another egg with-

out beating the white, which only makes the *quenelles* flat, and hollow inside. When you have made your *farce* rub it through a sieve.

Several people who use the same ingredients as I do, but not in the same way, will perhaps feel inclined to censure my method; yet such as will adhere to it will derive great benefit.

### N°. 2.—*Quenelles de Volailles.*

The *quenelles de volailles* are made with the fillets only, all other parts being too full of nerves. Take the fillets of young ordinary chickens, for you must never use those of an old fowl. Veal when very white, is even better than fowls if they be tough. Cut your meat into dice and pound it in a mortar, till it can be rubbed through a sieve. Next make three balls, as you have done for the *quenelles* of veal. Then pound, season, and try them in the same manner as indicated above, as they must be made firm, or soft, according to the use they are intended for. *Quenelles au consommé clarifié*, for instance, must be very delicate and soft. If they are to be served in a *ragoût*, be it either white or brown, they must be made more firm, and so on. The *farce à quenelles* is made great use of in cookery. They alone make various good *entrées*, and serve besides to garnish the

*ragoûts, matelottes, godards, chambords, pâtés chauds,* &c. &c.

### N° 3.—*Quenelles de Lapreaux.*

If you are enabled to use fillets only, they make the best *quenelles.* If you are engaged with a nobleman who has game in abundance, take the fillets for your *quenelles;* with the legs and shoulders make a *giblotte,* or a pye English fashion for the servants, and with the remaining parts you make your *consommé.* When you lift up the fillets you must leave the nerves about the carcase. Pound your meat and make a *panade* as for other *quenelles.* Take a calf's udder likewise, which prepare as above indicated. *Quenelles* are different in taste and appellation; only in consequence of the meat they are made of. Remember that the *panade* and calf's udder are indispensable articles. So follow what I have prescribed in N° 1, for the *quenelles* of veal which I have mentioned the first, as being more frequently used than all others. They are very good and likewise very cheap, as veal is always requisite for sauces and *marmites.* Half a pound or three-quarters of a pound of veal is no severe drawback, and can weaken neither, although of service to make several good *entrées,* as will be illustrated hereafter.

N° 4.—*Quenelles de Perdreaux.*

Take the fillets of three young partridges. Take off the skin and the nerves; cut your meat into dice, and pound it as indicated above. Scrape the bottom of the sieve, and make a ball of the same size as those of the *panade* and udder. When you have mixed the three ingredients together, add two whole eggs, and the yolk of a third. Then season with pepper, salt, and all-spice. Next try your *quenelle* as indicated above. This *farce* will serve for different *entrées*, which are all to be found under their respective names in the article *perdreaux*.

N° 5.—*Farce de Poularde à la Créme.*

Make use of the *panade* and udder as mentioned above, but no herbs in the *panade* are required, instead of which put a little cream. Take the white flesh of a fowl that has been roasted; take off the skin and nerves, chop your meat very fine, then pound it, as you do for other *farces*. Put in the yolks of your eggs only, after having pounded your *farce*, and that it is well seasoned. Beat the whites of your eggs, and mix them gently with the rest, stirring the whole with a wooden spoon. Use this *farce* when requisite.

## N°. 6.—*Farce à Gratin de Lapreaux, Perdreaux, Poulets,* &c.

The *farce à gratin* is made in the same manner as the *farce à la Créme,* with the only difference that you must not beat the whites of your eggs, and that this *farce* is to be kept delicate and soft. Take the flesh of roasted chickens, or young rabbits, or young partridges, &c. The manner of using it is explained in its proper place. The *farce* is intended for the stuffing of such articles as are not to be put on the fire again, such as calf's ears, calf's feet, sheep's trotters *en canelon,* and *rissolles,* as also quails, tongues, and larks *au gratin.* There are some *gratins* that are also *émincés,* and are treated of in their proper places.

## N°. 7.—*Boudins à la Richelieu.*

As soon as you have rubbed your *farce à quenelles* through a sieve, you have some onions cut sideways into dices, and that have been sweated white, which you mix with your *farce* before it is got firm, because the onion then does not break. But if you should wait till the *farce* is firm, the onions will break. The *boudins à la Richelieu* are a *farce à quenelles* either of fowl or of veal, as they are never made of game.

N°. 8.—*Boudins à la Sefton.*

These are made with *quenelles* as those above, only instead of onions sliced sideways, you put mushrooms, sliced in the same manner, and sweated white in butter. When you drain your mushrooms preserve the liquor, which pour into the sauce that serves for the *boudins*. The flavour of mushrooms must prevail in these *boudins*, the same as that of onions prevails in the *boudins à la Richelieu*.

N°. 9.—*Quenelles de Merlans.*

Take the fillets of four whitings. If in a Roman Catholic family on a fast day, instead of an udder use butter. The *panade* however is far superior when *au gras*. In the former case you soak your crumb of bread in some good milk, and squeeze it well in a towel. Do not put the same quantity of butter, as you would of udder, as the butter would not keep in. In every other respect these are made like other *quenelles*.

N°. 10.—*Farce de Carpes, pour les Diners en Maigre.*

Take the flesh of two carps, which chop, pound, and rub through a sieve. Soak some crumb of bread in some good milk; have a few mushrooms and a little parsley chopt very fine.

Set your herbs sweating in a little butter, over a very slow fire. Then let your herbs cool in a hair sieve. Next put the bread, that has been soaked and squeezed properly, with the flesh of the carp that has been rubbed through a tammy into a mortar, with a lump of butter of about the same bulk as the flesh of the carp, and season with pepper, salt, all-spice, three or four eggs, whites and yolks together, for *farces* with butter require more eggs than those with udder. Yet before you put more than three, you must try to roll some of the *farce* in a little flour, and to poach it in boiling water. You then taste and add to the seasoning if required. When completely done, you rub it through a sieve, and let it cool in the larder, and use it when you have occasion. This *farce* is used for petty patties of carp. We also make *quenelles* for *matelottes en maigre*, &c.

## N° 11.—*Farce de Godiveau, pour les Pâtés à la Mazarine*, &c.

Take three-quarters of a pound of very white veal, a pound and a half of beef suet, which you strip of all the sinewy skins, chop your suet separately, and your veal the same. When you have chopt them both, take some herbs such as parsley, shalots and mushrooms, which you chop

also very fine, and sweating in a little butter, mix the whole together, veal, suet, and herbs, which season with pepper and salt. Then chop them again. Break two eggs, yolks and whites, and if your *godiveau* appears to be well mixed, put a little piece to the oven in a small tart mould. If it rises well, and is properly seasoned, that is a sign of its being done: if not put it into the mortar again with a little milk.

By dint of practising a great deal, you are liable to observe accidents which cannot be duly explained. In the summer season for instance, the suet being very soft, you find more difficulty in using it. If you have any good ice, put some small pieces into the *godiveau*, to make the meat and suet combine better.

### N° 12.—*Farce Marbrée Verte.*

Make a *farce à quenelles* as indicated above. Take part of it, and mix it with a *verd de persil* (see Sauces) which you have drained, in order the water may not make your *farce* thinner. If you wish to use it quite of a green colour, you do not mix it; but if you intend to *marble* either *galantines*, or fillets of soles, you put on slightly a part white, and another green. You then roll and poach them, and when they are cut they look like marble.

### N° 13.—*Farce Marbrée Rouge.*

This is much the same as the former. In France we made use of a *beurre d'écrevisses*, for *poulets à la Cardinal*, or red and marbled *farces*. In England the eggs of lobsters are more frequently used, which are not amiss for *farces* of fish. But for *farces* of *volaille*, or of veal, craw-fish, is far preferable, nay requisite. (See Sauces, *beurre d'écrevisses.*)

### N° 14.—*Farce à Liévre et à Dindon.*

Take half a pound of beef suet, chop it very fine, some parsley likewise, a little thyme, pepper, salt, crumbs of bread, lemon peel also chopped very fine, an egg or two, and mix the whole with a little milk. It would not be amiss to pound the whole in a mortar for a moment. This *farce* may be used with baked pike, boiled turkey with celery or oysters; in short with all such articles as will be indicated in this work.

### N° 15.—*Farce à Pâtés.*

Take an equal quantity of veal and of fat bacon; chop them together, season them with pepper, salt and all-spice, but no herbs which only damage the pye. If it is to be eat immediately, you may however introduce a little chopt parsley, and shalots, and make a *pâté*

*aux truffles*, or chop some truffles which you mix with the *farce*. In pies made of game you may chop some ham, but in those made of fowl, the saltpetre gives a red colour to the meat, which can never look too white.

### N° 16.—*Farce à Saucisses.*

Sausages are only composed of hog's flesh; but as it is customary to stuff turkeys with this *farce*, I have thought proper to mention it here. Take all the tender parts of the meat, the nerves being left aside when the hams and breasts are cured, which will be found treated of in a separate article. Cut the whole of the meat into small dice; then cut nearly about the same quantity of fat into small dice also. Chop and mix them well together; fat and lean, season with pepper and salt, all-spice, and a little mint chopt very fine. All these ingredients give the sausages a very pleasing taste.

## CHAP. V.

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## ENTRÉES DE VIANDE DE BOUCHERIE.

### *OF BUTCHER'S MEAT.*

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#### BEEF.

N°. 1.—*Blanquette de Palais de Bœuf.*

TAKE six or eight palates of beef, rub them over with salt, and stew them in a *blanc*, till you can take off the upper skin. When the palates are thus skinned and done, cut them into the size of a shilling pieces, and throw them into the *sauce à blanquette*, which is a *sauce tournée* reduced, that you thicken. The palates of beef *en blanquette* are sent up to table either in a *casserole au ris*, or a *vol au vent*, or a *timbal*.

N°. 2.—*La Blanquette de Palais de Bœuf aux Pois.*

THIS is made nearly in the same manner as that above; but previously to putting in the

thickening, you take a few spoonfuls of sweated peas intended for *entremets*, and you reduce them with the sauce, that it may savour of the peas. Add a little salt and sugar. *Entrées* of this sort should be sweet and not briny.

### N° 3.—*The same aux Concombres.*

Prepare the palates of beef, as for other *blanquettes*. *Parez* some cucumbers cut into the size of shilling pieces. Keep the *parure* to make a *purée*, which you throw into the sauce, to give it a taste of the cucumbers. Put your cucumbers in a good *sauce tournée*, a little sugar, let them be done; then drain them, and reduce the sauce separately. When done, and that your sauce is thickened, put the *liaison* to it; (as the cucumbers will always make it thin) throw into the sauce those cucumbers that are entire, and the palates of beef, and serve up with a *bord de plat*, or in a *vol au vent*. (See article *pour les accessoires de cuisine*.)

### N° 4.—*Blanquette de Palais de Bœuf, aux Truffes.*

The palates to be prepared as above. Only in this case cut the truffles into the size of shilling pieces, and mark in butter and salt. *Sautez* them on a brisk fire, till done. Let them have

one single boil in the sauce, before you throw in the thickening.

### N.° 5.—*Attelets of Palates of Beef à l'Italienne.*

Palates of beef are always prepared in the same manner as indicated in N.° 1. The only difference consists in the cutting of them, and in the sauce with which they are sent up to table. Take some *sauce d'attelets*, (see Sauces) and after having cut your palates into square pieces of whatever dimension you may think proper, let them cool in the sauce. When quite cold run a silver skewer through them in a row, and cover all the meat with some of the sauce. Make your pieces as smooth as possible with your knife. Next dip them into crumbs of bread, and make them quite square. Mind that both extremities be well covered with the crumbs into which you dip them a second time, after having previously used an *omelette*; likewise that both ends of the skewers be remarkably clean. Then fry your palates to a fine brown, and serve them up with an *Italienne rousse.* (See Sauces.)

## N° 6.—*Palates of Beef au gratin, otherwise en Paupiette.*

HAVE a good *farce à quenelles* ready; cut your palates in slices of about an inch broad; spread some of the *farce* over the rough side of the palates, then put part of your *farce* into the middle of your dish, and erect all the slices of your palates in the shape of a turban, after having stuffed and rolled them. Cover the whole with layers of bacon, and put your dish into the oven, without allowing the contents to get brown. When your *farce* is done thoroughly, drain all the grease, take off the layers of bacon, clean your dish well, and *mask* your meat with a thick *Espagnole*.

## N° 7.—*Le Miroton de Palais de Bœuf à la Dreuille.*

USE a cutter both for the palates of beef and truffles, which are thus made into pieces of an equal size. Dress them *en miroton*. Then take a sufficient quantity of mushrooms, also of the same size, to make a border round the dish: put in the middle a *salpicon* of truffles, mushrooms, and palates of beef, and sauce your *miroton* with a pretty thick *Espagnole*.

N° 8.—*Croquettes of Palates of Beef au velouté.*

Take all the *parures* of *blanquettes, mirotons,* &c. and chop them very fine. You have some mushrooms cut into small dice, which fry white in a little butter. Then *mouillez* with a little thin *sauce tournée,* and let them boil gently on the corner of the stove, that you may skim off the grease. You next reduce this sauce with a pint of cream: when it is got thick enough, throw the palates into the sauce, and let them boil for a moment, that they may taste of the sauce. Let this preparation cool in a plate. When quite cold roll the whole into *croquettes,* either round or oval; dip them once into crumbs of bread, then into an *omelette,* and into crumbs of bread again: then fry them till they be of a fine brown, and serve up with fried parsley.

N° 9.—*Beef's Tongue, Sauce hachée.*

Take a tongue that is quite fresh; let it disgorge, blanch it to take away the taste of tripe it might have retained. Then stew it in a good braize. When done, flay it, cut it in two, spread it open, and mask with *sauce hachée.* (See Sauces.) This is but a very common *entrée.*

N° 10.—*Le Miroton of Tongue aux Navets.*

Let your tongue be stewed as above, and then

get cold. Now cut it into scollops, dish it *en miroton*, and place the dish at the mouth of your hot oven. A short time before you send it up to table, glaze it with a *glace légère*, and pour into the middle *l'haricot brun*. (See Sauces.)

N° 11.—*Le Miroton de Langue à l'Oseille.*

Prepare your tongue as above N° 10, only glaze it a little more, and lay thicker. Pour into the middle *l'oseille en purée*, or *puré* of sorrel.

N° 12.—*Le Miroton de Langue aux Epinards.*

The same preparation as above, only use spinach, and let them be richer and yet more liquid than for an *entremets*.

N° 13.—*Le Miroton de Langues à l'Ecarlate aux Navets.*

This is not a French *entrée*, and I only mention it here because I have seen it sent up to well known epicures. Take a tongue *à l'écarlate* that is quite cold; cut it into round slices, dress it in a *plafond*, and put it into the oven for a moment. Then glaze it and serve it up with a white *purée* of turnips, (see Sauces), or if you like, merely with turnips strained through a

sieve and moistened with a little cream and salt, &c. which is called mashed.

### N° 14.—*La Langue à l'Ecarlate bigarée.*

This is a remove which is frequently used for family dinners. Take a large tongue *à l'écarlate*, boil it well, then flay it, glaze it, and after having made it look quite neat, send it up with mashed turnips on one side, and mashed carrots, or carrots and spinach on the other, &c.

### N° 15.—*Les Filets Mignons de Bœuf sautés à la Lyonaise.*

Take the inside fillet of a surloin of beef, and scollop it of about the size of the palm of your hand. *Mark* them in clarified butter, with a little salt and pepper, in a *sautez* pan, when dinner time is come *sautez* them and turn them round; when done on both sides, drain the butter and put a little glaze in its stead. Now keep stirring your meat in the glaze with a little lemon-juice. You dish it *en miroton*, and pour your *Lyonaise* in the *sautez* pan with the glaze. When you have mixed that well, you *mask* your *filets mignons* and serve up quite hot.

### N° 16.—*Le Filet de Bœuf Mariné, à la broche.*

Take the same part as above, and tare off

the nerves. Then lard it, and pickle it raw with an onion and a shalot cut into slices, a little parsley, salt, pepper, vinegar, &c. let that *marinate* one day. Then roast and glaze it. Serve up with a *poivrade*. (See Sauces.)

### N° 17.—*La Queue de Bœuf en Hochepot.*

The beef tail being a very plain and common dish, is seldom sent up but as a tureen. (See N° 25 *des Terrines*.)

### N° 18.—*Le Miroton de Bœuf.*

Although I intend publishing a work on the *entrées de desserte* alone, I have condescended to introduce here the *miroton* at a friend's request. When you have some cold rump of beef left, cut it neat into slices, put these into a *sauté* pan with a little *Espagnole*, or *Italienne rousse*, salt and pepper, and a little broth. Give them a few boils, and serve up quite hot.

### N° 19.—*Le Rognon de Bœuf au Vin de Champagne.*

Take a kidney that is of a nice light colour; take off a little of the fat, mince it, and fry it white in a pan with a little chopt parsley, shalots, salt, pepper, &c. When it is done enough, powder a little flour over it, and moisten

with a glass of Champaign, and two or three spoonfuls of *Espagnole.* It must not boil any more, for it would get hard. But you must keep it hot, and serve it up the same. We never send this *entrée* up to table but for breakfast.

### N°. 20.—*Beef Steaks aux Pommes de Terre.*

Take some thin slices of rump of beef, flatten them, and season them with a little salt, pepper, &c. Dip those slices into a little butter, that the gravy may not drop out whilst broiling. You must have some parsley chopt very fine with butter, salt, pepper, lemon, &c. When your beef steaks are done, put the above ingredients under the steaks, and all round fried potatoes of a fine brown colour. Beef steaks are also served with oysters. (See Sauces.)

### N°. 21.—*L'Alloyau à la Godard.*

Take that part of the beef that is between the rump and the first ribs. Turn it over on the *filet mignon,* and dress it in a good shape. *Mark* it in a large braizing-pan with plenty of *parures* of veal, a large piece of bacon, the breast part, a small bit of ham, a few carrots, onions, some parsley roots, a bunch of parsley and green onions, seasoned with thyme, bay-leaves, spices of all sorts, and a spoonful of good broth.

Cover your *alloyau* with bacon first, and then with two sheets of white paper, to prevent the fire you are to lay over it making your meat look brown. When you have closed your braizing-pan, you stick some slips of paper all round, and stew your *alloyau*, for four hours on a very slow fire. A moderately heated oven would be still preferable. The braizing-pan must have boiled before you put it into the oven. (See Sauces for the *godard*.) You are to garnish with pigeons *à la gautier*, large *quenelles*, larded sweetbreads, and especially large cock's-combs, which slit into the fillet, when you are going to send up to table.

N° 22.—*L'Alloyau rôti.*

The loin is preferable to any other part. There is very little to be said about the manner of roasting it. The size of the joint and the state of your fire must determine the time you have it down. Serve up with *jus* only. (See Sauces.)

N° 23.—*Rump of Beef au naturel.* (See *Removes*, N° 1.)

N° 24.—*La Culotte à la Flamande.* (See *Removes*, N° 2.)

N° 25 —*La Poitrine au naturel, et à la Flamande.* (See *Removes*, N° 3.)

N° 26.—*La Côte de Bœuf braizée en Hochepot.*

TAKE about four ribs of beef: *parez* the thick part, lard them with thick bacon, and *braize* them in the same manner as you would do the rump. Send up with glazed onions, or cabbages, or *hochepot*, or a *sauce hachée*, round it. Observe that you are not to detach the ribs, which are to be served flat as if they were mutton chops.

N° 27.—*L'Entre-Côte de Bœuf grillée, Sauce hachée.*

YOU take the middle part between two ribs, flatten it well in a good shape, and broil it. If it be thick you must have a gentle fire to heat it through; if it be thin, your fire must be brisk, for if not your meat would not get a colour. (See *Sauce hachée.*)

## CHAP. VI.

## ENTRÉES OF MUTTON.

N° 1.—*Côtelette de Mouton à la Soubise.*

You take a *carré de mouton*, and cut the chops one by one without flattening them; cut off the flat bone at the extremity of the chops. Then *mark* them in a stew-pan with all your *parures*, likewise with the *parures* of your onions for *la soubise*. Season the whole well with carrots, and bunch of parsley and green onions, salt, and a very small quantity of spice, &c. throw in four or five spoonfuls of good broth, to braize them. When done drain them, and let them cool. Strain the liquor through a silk sieve. Then reduce it to glaze. Next *parez* your chops nicely and put them with the glaze. This being completed, dish them *en miroton*, and pour the *soubise* in the middle.

Some people will take two *carrées de mouton*, and cut two bones to each chop, lard them with bacon, and *braize* them as above. But mutton

being in general fat, it is better not to lard them. With regard to the two bones, you must make them as flat as above, for if too thick you cannot dish them well.

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### *Another Method of preparing les Côtelettes à la Soubise.*

You cut your mutton chops a little thicker than when you wish to broil them. *Parez* them nicely, and put them into a stew-pan, where they may all lay flat. Put an onion or two, a few carrots *tournées*, a little salt, four or five spoonfuls of good *consommé*, and sweat the whole till it be entirely done. Then take out the roots, put in a little glaze, and reduce over a large fire. When entirely *sur glace*, lay them on a cover to drain the grease, and serve up before they can get dry. This method is preferable to the other. In neither case must you lard your chops with bacon.

### N°. 2.—*Les Côtelettes en Haricot Vierge.*

Prepare your chops as above. Braize them in the like manner. As several people do not like onions, serve them with a *haricot vierge* instead of a *soubise*. (See Sauces.)

N°. 3.—*Côtelettes à la Minute.*

Take the best part of a neck of mutton that has been kept for a while. Cut the chops one by one, and *parez* them as nicely as you can. Season them with pepper and salt, dip them into some melted butter, and broil them over a brisk fire. Serve up with a very strong *blond de veau.* (See Sauces.)

N°. 4.—*Côtelettes à l'Italienne*

Are prepared as above, but are to be dipt into crumbs of bread and seasoned. After having dipt them once into the crumbs, you repeat the same operation in melted butter and crumbs a second time, and broil them. Then wipe them over with a clean cloth, and serve up with an *Italienne rousse.* (See Sauces.)

N°. 5.—*Côtelettes en Epigramme.*

These are nearly the same as in N°. 3. Only you serve in the middle a breast of mutton *en hochepot.* (See Sauces.)

N°. 6.—*Côtelettes en Haricot brun.*

Several people braize and glaze them, and put the *haricot brun* in the middle, but I will explain the manner in which they are to be prepared, in order that they may taste of the

turnips. Cut your chops as in N° 1, *parez* the bones nicely, then fry them in a little butter, of a nice brown colour, drain this butter, and make a *roux* very *blond*. Moisten with some *blond de veau* of a fine colour, and well seasoned. When your sauce boils, throw in your chops, and let them stew gently on the corner of the stove. Skim the sauce frequently: when the chops are done, drain them in a clean stew-pan. Have ready some turnips turned in whatever shape you think proper, but not too small for this *entrée*, drain your sauce through a tammy over the turnips, which stew in this sauce with a little sugar. Continue skimming frequently. When your turnips are done mix the whole together, chops and all, and warm them *au bain marie*; or give them one boil or two that they may taste of the turnips.

*N.B.*—Some people will fry the turnips in butter to make them brown, which is useless, as they will look very well, provided the *blond de veau* be of a fine colour.

N° 7.—*Les Côtelettes sautées à l'Essence.*

Parez these as in N° 3, *mark* them in a *sauté* pan with clarified butter. *Sautez* them over a brisk equal fire. Drain part of the butter; put one or two spoonfuls of *Espagnole* and

a little glaze into your *sauté* pan with the juice of a lemon. Keep stirring the whole over the fire, but do not let it boil. Dish and send up instantly.

*N.B.*—If these are kept waiting they are spoilt. They are fine eating however for such people as like their meat *verd cuite*: but if they be over-done they have no more savour than cork or leather.

### N° 8.—*Côtelettes à la Maintenon.*

Parez your chops as in N° 3. Chop fine some sweet herbs such as parsley, shalots, and mushrooms, which fry in a little butter. When your sweet herbs are done, *pass* your chops a little in that seasoning, let them cool, then wrap them up in paper, and broil them over a slow fire. This *entrée* I cannot approve much of on account of the greased paper which is to appear at the table.

### N° 9.—*Les Filets Mignons à la Maréchale.*

The *filets mignons* of mutton are to be taken off from under the saddle, take off all the fat; flatten the fillets with the handle of your knife, and dip them into crumbs of bread. After having broiled them of a fine colour, sauce them with the *Maréchale.* (See Sauces.)

N° 10.—*Les Filets Mignons de Mouton en Chevreuil.*

You must have the fillets of four saddles of mutton, which of course produce eight *filets mignons*. Lard them in the same manner as fillets of rabbits, next pickle them in a *marinade crue*, such as thyme, parsley, bay-leaves, onions, salt, pepper and vinegar. When they have been laying for two or three hours in this *marinade*, *mark* them in a *sauté* pan between two layers of bacon, and bake them. When done glaze them, and serve them up with a *poivrade* under them. (See Sauces.)

N° 11.—*Les Filets Mignons à la purée d'Oseille.*

These are to be *parés* and larded as in N° 10. *Mark* them as a *fricandeau*, by which is meant that you make a bed of roots in a stew-pan, these you cover with a second bed of layers of bacon; then you lay your larded fillets on the bacon, and powder them over with a little salt. Moisten but little. They only require one hour to be done, between two fires, one on the top, another at bottom. When they are done, reduce the liquor and put your fillets into that glaze. Serve under them the *purée d'oseille*. (See Sauces.)

*N.B.*—They are also sent up *à la chicorée, à la Soubise, à la Macédoine,* &c.

### N° 12.—*Les petits Carrés de Mouton en Aigrettes.*

Take the best part of two necks of mutton, *parez* the fillet, lard it as a *fricandeau*; take off the upper skin of the flank: then take a piece of cold *noix* of veal, likewise a piece of cold *boulli* beef, which cut round, a little larger than your hand. You wrap this beef up in a very thick layer of bacon which you tie round the beef. Next turn the mutton with the larded fillets downwards, and the fat upwards: mark this in the same manner as the *filets mignons*, with the *purée d'oseille*. When they are done, take out the beef and the bacon, and in the middle pour a *Macédoine*. (See Sauces.)

### N° 13.—*Le Carré au Persil.*

Take the same two parts as above; after having taken off the bones, take off also the nerve as if you were going to lard them. You have in readiness a few branches of parsley, quite green; with which you lard the fillet only but very thick, for when well done the parsley is diminished considerably as it gets dry. Before you spit your mutton it must be marinated in oil

and salt, an onion cut into slices, &c. The oil makes the parsley crisp, and preserves its green colour. Send up with a *poivrade*, or an *Espagnole*. (See Sauces.)

### N° 14.—*Les Carbonades à la Jardinière.*

Take the covered parts of two saddles of mutton, and cut off the skin that is over the fat, without stripping the fillet. Cut each saddle in two. Roll the flank after you have shortened the ribs. Skewer your little *carbonades*, and braize them as you have done above, N° 13. Notwithstanding they be fat enough, cover them with bacon, that the upper part may be kept white, that is to say, retain its natural colour, so that it may be glazed of a fine brown. (See Sauces.)

*N.B.*—This *entrée* although frequently sent to table in France, is not often introduced in this country. It may be sent up *à la chicorée, à l'oseille*, or with any sauce whatever.

### N° 15.—*Les Poitrines de Mouton à la Ste. Menoult.*

These are to be braized with carrots, onions, spices, &c. When they are well done, drain them. Take out the bones and let the meat cool, between two *plafonds* that it may be kept

flat. When cold cut into hearts, into rounds, or into chops, just as you like. Brush them over with the yolk of an egg, and then dip them into crumbs of bread; next dip them into melted butter and give them another coat of bread crumbs. Put them into the oven to give them a fine brown, and then serve them up with a *sauce hachée*, or an *Italienne*, or *en haricot*. It is highly improper to have them over done. This is also a common dish.

### N°. 16.—*La Musette de Mouton à la Chicorée.*

Take a shoulder of mutton that has been kept for some while; bone it without taking off the thin skin that is found near the joint; powder it over with a little pepper and salt. Then pass a piece of packthread round, as tailors do round a button, fasten the packthread, and mould the shoulder of mutton quite round. You have preserved the knuckle so that it may resemble a bag-pipe. Braize it, and season it well. After having drained and glazed it, send it up with either *chicorée*, or *oseille*.

*N. B.*—It may also be stuffed, and a flowret larded in the middle part, and sent up with white beans *à la Lionaise*. (See Sauces.)

N° 17.—*Langues de Mouton aux Navets.*

Take eight tongues of an equal size; let them disgorge in a little water and flour, and next blanch them. When thoroughly blanched, mark them in a stew-pan to *braize* them. In case you should have a *braize* of beef, or of mutton, or any others, as they will all equally answer the purpose for sheep's tongues, when they are done you peel them and cut them in two. Dish them *en miroton*, and *mask* them with the sauce of the *haricot*, the turnips of course being put in the middle. (See Sauces.)

N° 18.—*Langues de Mouton aux Laitues.*

These tongues are to be braized as above, the same as those you wish to cook in any way whatever. Take a dozen and a half of full cabbage-lettuce, wash them very clean, and blanch them. When they are cold, and that you have squeezed all the water out of them, mark them in a stew-pan, surrounded with layers of bacon; moisten them with a little *braize*, or a *poële*, or any thing to make them rich. Otherwise take the pot-top, with a little broth and salt. When your lettuces are quite done, you drain them, and squeeze them in a cloth to extract the grease. Dish them *en*

*rosates,* namely a tongue, a lettuce, and so on successively. Put a large tongue in the middle, to improve the look of the *rosate.* Another time, you cut your tongues in two, and dish them *en miroton,* that is one half of a tongue, and a lettuce alternately. In this case you put a *jardinière* in the middle, and *mask* both the tongues and the lettuce with the *Espagnole.*

N° 19.—*Langues de Mouton au gratin.*

Cut as many toasts of bread in the shape of cocks'-combs, as you have tongues. Take some *farce fine.* (See Chap. IV, N° 6.) Erect a little dome in the centre of your dish, and dress your tongues in the said *farce,* leaving however room enough between to place one of the toasts; then put your dish into the oven. When your *farce* and tongues are done take them out of the oven, and drain all the grease; they must be covered with bacon, in order that they may not get dry, (unless a mould may be procured to close hermetically) you then put your toasts fried of a fine brown colour between each tongue, and your sauce with a thick *essence.* (See Sauces.)

N° 20.—*Langues de Mouton en Papillotes.*

The tongues are to be cut in two, and put

into a *ducelle,* or in fine herbs, the same as chops *à la Maintenon.* When you put any meat whatever *en papillotes,* you must use as great a quantity of fine herbs as possible. (See N° 8.)

N° 21.—*Langues de Mouton émincés à la Chicorée.*

First cut your tongues in two; next mince them equally, and throw them into the *chicorée à l'Espagnole.* (See Sauces.)

N° 22.—*Emincé de Mouton aux Concombres.*

Roast a leg of mutton that has been kept for a long time. When done *verd cuit,* let it cool; when quite cold *parez* the nerves, skin, fat, &c. &c. next make an *émincé* which throw into the *sauce aux concombres à l'Espagnole.* (See Sauces.)

N° 23.—*Emincé de Mouton à la Chicorée.*

This is to be prepared in the like manner to all other *émincés* of mutton. Only observe that *émineés* of black meat, as we call them, require brown sauces; and that the meat must never boil a second time, as it would become tough.

N°. 24.—*Les Queues de Mouton à la purée de Pois.*

Disgorge the tails in water to draw out the blood; next blanch them, and *braize* them in an old *braize;* otherwise they are to be seasoned with carrots, onions, spices, &c. When done, drain and glaze them. Then let them get a little dry in the oven. Put the *purée de pois* under them, the same if you use the *purée d'oseille.*

N°. 25.—*Les Queues de Mouton à la St. Laurent.*

Braize them in the same manner as those above; drain them and let them cool. Mind to give them a pleasing shape. Next brush them over with the yolk of an egg, and dip them into crumbs of bread. Then dip them into melted butter and crumbs of bread again. Put them into the oven till they be of a fine brown, if your oven be hot enough; if not broil them and send them up with rich gravy, or an *Italienne.*

*N.B.*—The *entrées* of mutton, from N°. 17, to this last number are not very frequently sent up to table in England, but in France they are held in high estimation. The tails are served in different ways, but the most commendable is with green peas. (See *pois au lard,* N°. 10.)

N° 26.—*Les Cervelles de Mouton en Matelotte.*

Detach the brains from the head without breaking them. Put them into a large vessel with some luke warm water; take off the skin and let them disgorge for two hours. When they are become quite white, boil them in water, vinegar, and salt, and when they are done, serve them up with a sauce that is called *matelotte*, which is to be made as follows. You have a good *Espagnole*, glaze some small white onions (see *oignons braisés*) and a few mushrooms in your sauce; together with a few cock's-combs. Dish your brains in flowrets, with some toast of bread in the shape of a cock's-comb between each; then mask with the sauce, and let the ingredients, or *ragoût*, be put in the middle.

N° 27.—*Les Pieds de Mouton à la Poulette.*

Take a dozen of sheep's-trotters well scalded. Wash them in boiling water and stew them in a *blanc* (see Sauces); when well done, take some *sauce tournée* rather rich, and let your trotters have a gentle boil, as merely to help the thickening, into which you have put a little chopt and blanched parsley with the juice of a lemon. If you should happen to have no *sauce tournée*, make a little *roux blanc*, moisten it with good *consommé*, seasoned with a bunch

of parsley and small onions, and a few mush-rooms. Let this sauce stew on the corner of the stove; skim the grease, and after having reduced it to that state when the thickening may be thrown in, drain the sauce through a tammy, and boil the trotters, that the sauce may get thick, and stick to the meat.

N° 28.—*Les Pieds de Mouton, en Canelons.*

Take some mutton trotters as above, and stew them in the like manner, but do not let them be over done, as they are to be stuffed with a *farce*, which could not be done in the latter case. Introduce the *farce à quenelles*. When your trotters are well stuffed, *mark* them between layers of bacon, and moisten them with a *poële*. Stew them for half an hour only, on account of the *farce*. Drain them, and *mask* them with an *Espagnole*.

N° 29.—*Les Pieds de Mouton en Marinade*

Are to be prepared in the like manner as those above. Make a *marinade cuite*, wherein you leave the trotters to *marinate*. Then drain them, and dip them in a paste, fry them of a fine brown, and when well drained send them up, with parsley fried green in the middle.

For a *marinade cuite,* take carrots, onions, a little parsley roots, a clove, a little thyme and a few bay-leaves, and a shalot, which mince together. Fry them a little, or what is generally termed white in a little butter. When the roots begin to colour, moisten with half water and half vinegar; let the roots and vegetables get quite done; season with pepper and salt, and drain through a silk sieve, whatever you may chuse to *marinate.*

With regard to the batter intended for frying *marinades, fritteaux,* &c. put about four spoonfuls of flour into an earthern-pan, with a little salt, a little olive oil, and moisten with a sufficient quantity of water, that the paste may not cord. When the flour is well mixed, beat the whites of three eggs, which mix with your paste, and then put in whatever you may wish to fry; let it be done instantly, however. This method is preferable to any other, especially when beer is used; except perhaps such as may be recommended for artichokes, orlies, &c. &c. &c.

### N.° 30.—*Rognons de Mouton à la Brochette.*

Take some kidneys that have been kept for a while, cut them in two and use a small skewer to keep them open, in imitation of two shells;

powder them over with a little pepper and salt, dip them into a little melted butter, and broil them just as you are going to serve up. Broil the side that you have cut opened first: when you broil the other side the whole of the gravy issues on the upper part. Mind when you take them off the fire, that the aforesaid gravy be not dropt down. Have some parsley chopt very fine, mixed with fresh butter, the juice of a lemon, pepper, and salt; put a little of that mixture over each kidney, and send up to table in a hot dish.

*N.B.*—Kidneys are an excellent breakfast for sportsmen, but are seldom sent up to dinner.

N° 31.—*Rognons au Vin de Champagne*

Are prepared in every respect as in N° 19. *Entrées de Bœuf.*

N° 32.—*Le Quartier de Mouton aux Haricots.*

See *Relevés de Potage,* N° 6. With the observation that you are not to *braize,* boil, or roast at the same time such meat that will not require to be so long done.

N° 33.—*Le Gigot braisé, called generally de Sept Heures.*

See *Relevés de Potages,* N° 7.

N° 34.—*Le Quartier de Mouton, farcie à la Lyonaise.*

Take a leg of mutton with half of the saddle. Bone it without damaging the skin, cut off all the fat; then take some fat bacon, about one-third of the quantity of your meat: chop the bacon and the meat together, season the whole well, with minced parsley in the *farce*; now stuff the skin of the leg of mutton, sow it underways, wrap the whole in a cloth, and braize it as a *gigot de sept heures.* (See *gigot de sept heures.*) Drain it a short time before you serve up, in order to be capacitated to take off the packthread. Then glaze and serve up with the *Lyonaise.* (See Sauces.)

N° 35.—*La Selle de Mouton rôtie.*

Take off the skin, if not it becomes too brown, and resists the knife.

N° 36.—*Carré de Mouton bouilli.*

Strip a neck of mutton, the best part I mean, of the skin and of the bones, which are too deformed. Boil it for an hour and a half. Then send it up with turnips mashed with a little butter and cream.

N° 37.—*Gigot de Mouton bouilli.*

The same as the above, only boil longer according to the size.

## CHAP. VII.

## ENTRÉES OF VEAL.

N° 1.—*Côtelettes de Veau grillés à l'Italienne.*

Take the best part of a neck of veal; cut the ribs one by one, flatten them, and *parez* them nicely. Next dip them into butter only and broil them on a slow fire, that they may get a fine brown colour. Do not forget to powder a little pepper and salt before you dip them into the butter, and send them to table with an *Italienne rousse.*

N° 2.—*Côtelettes de Veau à la Vénitienne, dites aux fines Herbes.*

Take the same part as above; when your cutlets are well *parées,* take a quarter of a pottle of mushrooms, a few shalots, a little parsley, chop the whole very fine separately, rasp a little fat bacon, and a small bit of butter, and stew your fine herbs on a slow fire. As soon as they are fried, put your cutlets with the fine

herbs; and stew them over a small stove. When they are done and well seasoned with salt and pepper, skim off as much grease as you can, put in a spoonful of *sauce tournée* and thicken your sauce with the yolks of three eggs, mixed with a little cream, and the juice of a lemon.

N°. 3.—*Côtelettes de Veau à la Dauphine.*

Take six fine cutlets of veal, and *parez* them on one side only, but all on the same side: lard them like a *fricandeau*, only let the bacon be cut finer; let them be done in the same manner; then reduce the liquor in which they have been stewed, with which you glaze them. Serve up with either *chicorée*, or *oseille*. (See Sauces.)

N°. 4.—*Côtelettes de Veau à la Mirepoix.*

Put a little fresh butter, some few small shreds of ham, a little thyme, the half of a bay-leaf, a few stalks, or a bunch of parsley, into a stew-pan. Then put the cutlets, which have been *parées* and seasoned as above, over the ham and butter and season them well. Next sweat them on a very slow fire. When they are done, drain the grease; pour in two spoonfuls of *Espagnole*, and one spoonful of *consommé*, to detach the *glace*, the juice of a lemon. Send up your cutlets *masked* with this sauce, after having taken out the thyme

and bay-leaf. If you should choose to serve up the ham cut into fanciful figures, you may.

N° 5.—*Côtelettes de Veau en Papillottes*, or *à la Maintenon.*

These are to be prepared in the same manner as indicated in N° 2. When they have been stewed for a short time with the fine herbs, you let them cool. You then cut some bacon into hearts, which you put on each side of your cutlets to prevent the paper from catching fire, then you wrap them well in the paper and rub the paper with oil, and broil them on a very slow fire.

N° 6.—*Côtelettes de Veau à la Chingara.*

Parez your cutlets as above. Sweat them with a little butter and ham; when they have been well seasoned, and are done, cut some slices of tongue *à l'écarlate* of the size of your cutlets, which you glaze, and with which each cutlet is to be covered. Serve them up with an *essence* detached from the *glace.*

N° 7.—*Côtelettes de Veau à la Dreux.*

These are to be cut very thick, and larded with large slips of ham. Season and *mark* them wrapt up in bacon and carrots, onions, thyme, cloves, bay-leaves, &c. Lay the *parures* on the

top, and moisten with two spoonfuls of rich broth; then let them stew over a very slow fire. When they are done, lay them in a dish to cool. Next *parez* them of an agreeable shape, and put them into the glaze of the liquor which you have reduced. When dinner time is at hand, glaze them of a fine brown, and serve up with an *Espagnole,* or sauce *haché.*

N.° 8.—*Côtelettes de Veau à la Châlons.*

These are prepared in the same manner as those above, N.° 7. The only difference is that they are larded chequer like, with pickled cucumbers, ham and fat bacon, and that the former are larded with ham alone. Serve them up with a *sauce hachée,* or *purée* of sorrel.

N.° 9.—*Côtelettes de Veau à la Financière.*

These are to be prepared, larded, done, and glazed as those *à la Dauphine;* put under them a *ragoût à la financière,* (see Sauces) and between each cutlet a large *quenelle.* (See Sauces.)

N.° 10.—*Le Carré de Veau à la Créme.*

Take the same part as is used for the cutlets; cut the bones short enough to be enabled to roll the flanks beneath: give it a square shape; and *marinate* it for a couple of hours, with oil, parsley, sliced shalots, pepper, salt, thyme,

and bay-leaves. Fasten it on the spit, so that the shape be not altered, and then wrap it up in buttered paper. When roasted for about an hour and a half, take off the paper. Have ready a *velouté* reduced, which you pour over your *carré de veau*, with which you baste it till the sauce adheres all round. Serve up with a *velouté*.

N° 11.—*Le Carré de Veau à la Mirepoix.*

You *mark* a *mirepoix* with rasped bacon, butter, bit of ham, thyme, bay-leaves, pepper, salt, &c. Melt the whole, as we call it on a slow fire. When that is done put your meat, that has been prepared as above, into the *mirepoix*. Stew it a little, and let it cool. When cold take two sheets of white paper, butter one of them and trim it with layers of bacon. Then lay your *mirepoix* over the bacon and close the paper hermetically. Wrap the whole up in several sheets of paper, and bake it in an oven, which however must not be too hot. It will be done in an hour and a half's time. When done take off the paper and send up to table with an *Espagnole*, or an *Italienne*.

N° 12.—*Le Carré de Veau à la Barbarie.*

Trim your *carré* as above. Cut some black

truffles into nails, and with these lard your meat. Put them in quite square and level. *Braize* your meat as you would do a *fricandeau*, but it requires bacon on the top, that your veal may retain its white colour, and the truffles their black one. When done glaze it slightly, and serve under it an *Italienne aux truffes*. (See Sauces.)

N°. 13.—*Carré de Veau à la Ste. Menhout.*

Braize a *carré de veau* as above, but without larding it. Send it up glazed with any sauce you may fancy. If it be returned untouched, make a *sauce d'attelets*, with a little *sauce tournée*, and a little *Italienne blanche* (see Sauces), which reduce on the fire. When your sauce is quite thick, throw into it the yolks of two eggs. Spread this sauce over your meat, cover it likewise with crumbs of bread; then have a little melted butter, and strew some more crumbs over it, and moisten it by using the brush. When your meat is thus well soaked, put it into the oven to give it a good colour, or use the salamander. Send it up with a *sauce hachée*. (See Sauces.)

*N.B.* All the *entrées* of veal such as *carrés*, *fricandeaux*, *côtelettes*, sweetbreads, &c. are served up with all sorts of *purées*, and *la Macédoine*, in the summer season. It is useless to

multiply articles when they may be explained more briefly.

## N° 14.—*Le Fricandeau aux différentes Purées.*

FRICANDEAU is a very good *entrée* when made with due care and attention, but it is seldom cooked with that degree of perfection which it requires.

To make a good *fricandeau*, your veal must be of the best quality, which you may know by the meat being white, and not thready. Take off the skin of a *noix de veau*, flatten it on a cloth or a clean towel, then at one stroke level it with your knife, for a *fricandeau* that is cut off at several times never looks so well. When you have *paré* the top part, turn it round, make slits in the middle, that it may taste more of the seasoning. Now lard it very thick, which is not generally done properly in England. The consequence is, that the bacon not being laid sufficiently crossways, the shreds shrink, and cannot be properly glazed. Never blanch your *fricandeau* after it has been larded, as some people will, but mark it in a stew-pan large enough to contain the *fricandeau* besides plenty of roots cut into slices, such for instance as two carrots, two large onions, and some roots of

parsley, besides a small quantity of mace, all-spice, thyme, bay-leaves, and whole pepper. Put all these in the bottom of your stew-pan, with layers of very fat bacon, on the top of the vegetables, as lean bacon gives a red colour to the *fricandeau*. When you have thus well covered your roots, erect a small dome in the centre, lay the meat over the bacon, powder a little salt over the *fricandeau*, and moisten with a sufficient quantity of broth to cover the roots without reaching the said *fricandeau*. Then put a great deal of fire on the cover of the stew-pan, keeping very little beneath the stew-pan. It is not amiss to observe that the *fricandeau* being done in this way retains a good shape, and all its gravy.

If you should wish to cook it, as I am farther going to direct, the moment it is *parti* (which signifies when it begins to boil) you put it over a very slow, equal fire, for three hours and a half, if it be not very large. Baste it frequently with the liquor: then take a needle *à brider*, which run through the middle: if it gets in and comes out easily, the *fricandeau* then is done enough. Now again put a great deal of fire over it to make the bacon firm, which otherwise would break, th time you glaze it. The liquor reduced is to be used to glaze the *fricandeau*.

Serve up with that the *purée* the season will afford, or *la Macédoine*, &c. (See Sauces.)

*N.B.* The *fricandeau* may vary with regard to the shape, but the savour is always the same, if it be done properly. If for instance a *fricandeau* is to be served when there is a grand party it is requisite to give it another shape than for a family dinner. Though an expensive dish when served alone, it becomes rather cheap if there be a grand dinner, as veal in abundance is wanted to make the broths and sauces. The *noix de veau* besides glaze, will supply a very elegant and good *entrée*. In the summer season you give it the shape of a turtle. You cut off part of each extremity of your *fricandeau*, you take the tops of asparagus which you lay beneath after having poured in a *Macédoine*. Have four braized lettuces ready, put one at each corner, as sham claws. Asparagus and lettuce eat well with a *Macédoine* and of course they may be used without any danger of their being disapproved of. In the winter season you make *quenelles* of veal, which you place instead of the above-mentioned articles, and serve up with an *Espagnole*.

### *Another Method.*

When your *fricandeau* is fully larded, split

it through the middle. Take a very large turnip, or a piece of cold veal, which has been used to make a sauce, cut either round, or oval, wrap it up in bacon, and thrust it within the cleft, which you have practised in the *fricandeau*. Mark this as the other, and let it be done in the like manner. You must observe that it will be done sooner, that is in less time. Glaze it. Now take either French beans, or asparagus; place them erect inside of the two extremities of the cleft, and pour a *Macédoine* between, with a very large sweetbread larded and glazed over the middle, which produces a very pleasing effect.

The same may be done for a *fricandeau en puits*, with a *blanquette* in the middle.

## N.° 15.—*Les Grenadins à la purée de Céleri blanc.*

We call *grenadins* small fillets of veal larded as a *fricandeau*, cooked and sauced in the same manner. Out of a *noix* of veal you may make two or three *grenadins* according to its size. It is no easy matter to explain the manner of cutting them; let it suffice to say, that being much thinner than a *fricandeau*, they naturally are done in less time. They are served up with a *Macédoine*, or with all sorts of *purées*.

## N° 16.—*La Noix de Veau en Bedeau.*

It is so called because in France the parish beadles wear gowns of two colours, one half of one colour, the other half of another. *Parez* this is as follows.

Take the *noix* of a young heifer. If intended for an *entrée* choose the smallest you can procure; if for a *remove*, the largest that can be got. Flatten it a little retaining the udder. Form a crescent on the border of the fat, and *parez* that part where there is no fat. Lard it as a *fricandeau;* let it be done in the same manner, only cover with bacon the part that is not larded, in order to keep it white, and glaze it slightly when done. Being done in the same style as the *fricandeau* it is served up with the same sauces.

## N° 17.—*Veau à la Bourgeoise.*

The only part which I could wish to recommend in this case is the *cassis*, which is fat, and a luscious eating. It is not generally sent up when there is a grand dinner, but for a family dinner it may prove very acceptable indeed. The plain way of cooking this, I reckon the best, and will explain it accordingly. Take a stew-pan large enough to make your veal firm in a little butter; when it is of a fine brown colour all

round, put in a few carrots, onions, spices, a little lean bacon, and two calf's feet seasoned with pepper, salt, thyme, &c. Moisten with two spoonfuls of broth, and let the whole stew for a couple of hours on a very slow fire. When done drain the grease, take out the spice and serve up the veal, with the roots all round.

### N? 18.—*Les Ris de Veau à la Dauphine.*

If you use round dishes, you must have four sweetbreads; if a long dish three large ones will be sufficient. Mind, at any rate, to select them of a large size and very white. *Parez* the nerves and the fat; throw them into warm water to draw out the blood and make them as white as possible. When thoroughly disgorged, blanch them a little, that you may lard them with greater facility. As soon as they are larded, rub a stew-pan all over with butter, lay your sweetbreads over the butter, powder them over with salt, and stew them with a deal of fire on the top, and very little beneath. When they are come of a fine brown, cover them with a round of paper, and lessen the fire on the top. If they be large it will require three-quarters of an hour to do them. If they be too much done they become soft, and are not so palatable. When properly done, drain them, and put them in a

pan with some glaze, and the bacon beneath. Leave them in the glaze till dinner time; then drain them afresh, and glaze them of a fine brown. Serve them up with *la chicorée au velouté.* (See Sauces.)

N° 19.—*Les Ris de Veau à la Financière.*

These are to be larded and done in every respect as those above. Send up with a fine *quenelle* in the middle, and under them the *ragoût à la financière,* or *le ragoût à l'Allemande.*

N° 20.—*Les Ris de Veau à la Dreux.*

Let your sweetbreads disgorge till they be quite white. Then blanch them thoroughly, which is made known when they are quite firm. Then set them to cool in cold water. Lard them with ham, chequer-like, very close to the level of the sweetbreads, mark your sweetbreads between layers of bacon; moisten with a good *poële,* and stew them for three-quarters of an hour. Now drain and glaze them, and serve up either with a *velouté,* or *Espagnole,* or *purée d'oseille,* &c.

N° 21.—*La Blanquette de Veau aux Concombres.*

Roast a *carré,* or a loin of veal. The leg

part is tough and dry, as every one must know. When cold cut into scollops, and put it into the *sauce blanquette.* (See Sauces.) Take six fine cucumbers, cut them into quarters, *parez* them about the size of your scollops: then take the *parures* and some other pieces which mince with a little onion. Fry the whole together in a little butter; when your cucumbers are entirely melted, moisten with a *sauce tournée,* and stew them on the corner of the stove for an hour; skim off the grease, and rub the sauce through a tammy. Put the other cucumbers, in some *sauce tournée,* and let them boil till done. Then lay them in a hair sieve to drain. Put together your *purée* of cucumbers and the *sauce tournée* when you have boiled the cucumbers, being sufficiently reduced, thicken it with yolks of eggs well beaten and seasoned with salt and sugar. When your sauce is well thickened with the aforesaid articles and a little thick cream, you put in your meat and cucumbers, and keep your sauce hot, that the meat may have a better savour. This *entrée* must be sweet.

### N° 22.—*Blanquette de Veau à la Paysanne.*

Roast your veal as above; cut it in the same way; reduce the *sauce tournée,* season well, put your veal into the sauce before the thickening; chop some parsley very fine before you mix it

with the thickening with the juice of half a lemon; stir the stew-pan round without using a spoon, and send up to table quite hot.

*N. B.* This is a very good method, but if you can cut your veal whilst quite hot, it will be a great improvement, as the sauce then will be better imbibed with the meat.

### N° 23.—*Escalopes de Ris de Veau aux petits Pois.*

Take four fine sweetbreads, let them disgorge and blanch them thoroughly. Next cut them into scollops, as large as possible. Mark them in a *sauté* pan with clarified butter, and a little salt. A quarter of an hour before you send up, *sautez* them over a stove, with a clear fire, turn them round, and when done, drain the butter, and put a little glaze into the *sauté* pan. Keep stirring your sweetbreads in the glaze; dish them *en miroton*, and send up the peas in the middle. (See Sauces, *pois au roux*, or *au blanc*.)

When you have sweetbreads of *desserte*, cut them into scollops, make them hot in a little *consommé*, and after having dished them *en miroton*, mask them with the peas.

### N° 24.—*Les Attelets de Ris de Veau à l'Italienne.*

Take some fine sweetbreads, as white as can

be procured. Blanch them, and stew them in a well seasoned liquor of braize. When done, drain them; and when cold cut them into squares of about an inch. Put those squares into a *sauce d'attelets*, and let them cool. When your sauce is cold, skewer your said squares, alternately with a bit of calf's udder ready done, using silver skewers, and give them as far as possible a square shape, all of a size. Then, moistened with the sauce, dip them into crumbs of bread only. Now give them a complete square shape, and dip them into an *omelette* of four eggs, whites and yolks beaten together, cover them over again with crumbs of bread, which level with a knife. Now again powder some crumbs of bread on the cover of a stew-pan, lay your *attelets* over these. The moment you are going to send up to table fry them of a fine brown, and sauce them with an *Italienne rousse*, or *blanche*, as you fancy. (See Sauces.)

N° 25.—*Les Escalopes de Ris de Veau en caisse.*

Let your sweetbreads disgorge and be blanched as above. When they have been laying for a time in cold water, make small scollops of them, and mix them with a *dusselle*, which is to be made in the following way.

Take half a pint of mushrooms, four or five

shalots, a little parsley, and chop the whole very fine separately. Now rasp a little fat bacon, put a small lump of fresh butter. Stew your fine herbs over a slow fire, and put your scollops with your fine herbs, likewise, seasoned with salt, pepper, and a little pounded spices. When done drain all the grease; then put your scollops into small paper cases fried in olive oil. When I say you are to add a deal of seasoning, I mean plenty of fine herbs. Then strew over a few crumbs of bread fried in butter. Lay your paper cases for a moment in the oven, and when you are going to serve up pour into each of them a little thin *Espagnole*, and squeeze the juice of a lemon.

### N° 26.—*Croquettes de Ris de Veau.*

Take such sweetbreads as have already been served, or cook some a *à la dreux*, with this difference, that they are not to be larded. Cut them into as small dice as possible. Have a good *velouté* reduced ready. Throw your sweetbreads into that *velouté*, and give them a boil, that they may taste of the sauce. Then lay them on a plate to cool. When cold roll them into any shape you like, round, oval, or long. Of all things do not give them the shape of pears as some folks will do, as in this latter case they

must be more handled than otherwise, without any improvement to the quality. Serve up with parsley, fried green in the middle.

### N° 27.—*Cervelles de Veau en Matelotte.*

Take some few brains of an equal size. Strip them of the upper skin, let them disgorge in water, then boil them in water, salt, a little vinegar and butter. When done, drain and dish them, serve them up either with *la sauce matelotte,* or *la financière.* (See Sauces.)

### N° 28.—*Cervelles de Veau à la Maître d'Hôtel.*

Let them be prepared or done as above. Make some cock's-combs of bread which fry in butter till of a fine colour. Dish them between each half of the brains, which you have divided, and *mask* the brains with a *maître d'hôtel.* (See Sauces.)

### N° 29.—*Cervelles au Beurre noir.*

The same as above with regard to the stewing. Fry some parsley very green, and some butter in a frying-pan, till such time as it does no longer chink. Then put the brains into a stew-pan with vinegar, water, salt, and pepper, when done send up to table with the sauce under the brains, and the fried parsley in the middle.

N° 30.—*Cervelles de Veau au Soleil.*

In case you should have any brains of *desserte*, make a *marinade cuite*, give a boil to the brains in the said *marinade*. Then drain them and wrap them up in paste. (See *Pâtes*, and N° 29, *Entrées de Mouton*.)

N° 31.—*Cervelles de Veau Sauce aux Tomates.*

These are to be prepared and done as those above. Cut slices of bread in the shape of cock's-combs, fry and glaze them, and dish them between the brains with the *sauce aux tomates* under them. (See Sauces.)

N° 32.—*Tendrons de Veau à la Jardinière.*

Tendrons are found at the extremity of the ribs. Previously to your detaching them, you *parez* them from the dry bone which is next to them, you then part them from the bone and scollop them in the shape of oysters. Set them to disgorge that they may be made very white. Now blanch them through. Let them cool. When cold *parez* them, and *mark* them in a stew-pan wrapt up in layers of bacon. Put in a carrot, an onion, a bay-leaf, some thyme and salt; moisten them with some good broth, or with a *poële* if you have any, and let them stew for four hours as gently as you can.

When they are done, drain them, and put them into a *sauté* pan with a little glaze. Keep stirring them over the fire, that they may get the taste of the glaze. Dish them *en miroton*, and serve *la jardinière* (see Sauces) in the middle.

### N.° 33.—*Tendrons de Veau aux petits Pois à l'Espagnole.*

With whatever sauce you wish to serve the *tendrons de veau*, they must always be done as indicated above. They may be served in different ways, that is, either white or brown, which is explained in the article of Sauces. The *tendrons à l'Espagnole* are to be drained an hour before you send them up. When you are sure there is no more grease left, put them with the peas, that they may get the taste of them, give them one or two boils, then dish them *en miroton*, and *mask* them with your peas *à l'Espagnole*.

### N.° 34.—*Tendrons de Veau aux Pois à l'Allemande, dits au blanc.*

Braize your *tendrons* as above. When they are done, drain them, and glaze them in a *sauté* pan. Dish them *en miroton*, and put your peas in the middle.

N.° 35.—*Tendrons de Veau aux Laitues à l'Espagnole.*

Braize and glaze your *tendrons* as above. Then take some lettuce *braizées.* (See *entrées de mouton*, N.° 18.) Dish your *tendrons en miroton*, that is a *tendron* and a lettuce alternately, and *mask* with an *Espagnole.*

N.° 36.—*Tendrons de Veau en Marinade, dites au Soleil.*

If your *tendrons* have been sent to table once, and are returned untouched, you cannot send them up a second time dressed in the same manner, as they no longer retain their fine colour. Put them into a *marinade cuite*, and then in paste, and serve them up with a *poivrade.*

N.° 37.—*Tendrons de Veau en Chipolata au blanc.*

See tureens, N.° 8. They may also be served as *entrées.* Glaze them, and put the *chipolata* (see Sauces) in the middle.

N.° 38.—*Tendrons de Veau en Chipolata à l'Espagnole.*

See tureens, N.° 9. They are also served as *entrées*, provided you have some deep dishes to

contain all the ingredients and the sauce; for otherwise you had better not send them up.

N° 39.—*Tendrons de Veau à la purée de Marons.*

The *tendrons* are served with all sorts of *purées*, either peas, celery, sorrel, onions, mushrooms, &c. but it is useless to repeat similar observations. *Tendrons* with a *purée* must always be glazed, and dished *en miroton* when served as *entrées*, with the *purée* whatever in the middle. (See Sauces.)

N° 40.—*Les Oreilles de Veau farcies frites.*

Take six or eight calf's ears, and let them disgorge. Blanch them, and then stew them in a *blanc*. (See calf's head, N° 10, *Removes*.) When the ears are done enough, that is when they can stand upright, drain them ; let them be cold ; then introduce a *farce fine* (see *farces fines, entrées* of fowl *à la crême*) into the hollow part. Give the ear the shape of a horn. Dip it into an *omelette* and crumbs of bread successively twice, and next fry them till they be of a fine brown. Serve under them a *maître d'hôtel grasse*, or the *sauce tomates*.

N°. 41.—*Oreilles de Veau Sauce aux Tomates.*

THESE ears are to be done as those above. Slit with your knife the part of the horn. Cut the thickest side very flat that they may stand upright. Dish them *en fleurons à blanc*, over the *sauce aux tomates*. (See Sauces.)

N°. 42.—*Les Oreilles de Veau à la Hollandoise.*

As above *à blanc*, and the *Hollandoise verte* under them. (See Sauces.) The *Hollandoise* is a *sauce tournée* reduced, and a *verd de persil* with the juice of a lemon.

N°. 43.—*Les Oreilles de Veau à la Ravigotte*

ARE to be done as those above, and slit in the same manner, and served up with a *ravigotte*. (See Sauces.)

N°. 44.—*Foie de Veau piqué à la Broche.*

TAKE a fine calf's liver of a light colour. Lard it as a *fricandeau*, and pickle it in vinegar with an onion cut into slices, some stalks of parsley, salt, pepper, thyme, and a bay-leaf. When it has been for four and twenty hours in the pickle, fasten it on a spit, roast it, and baste it frequently. Then glaze it with a *glace bien blonde*, as it naturally has a black colour. Serve under it a *poivrade*.

N°. 45.—*Les Escalopes de Foie de Veau aux fines Herbes.*

Take a nice calf's liver, and cut it into slices, which *parez* in the shape of hearts. Then take some fine herbs, parsley, and shalots, which you stew a little on the fire. You then *sautez* your calf's liver with the herbs over a gentle fire. When it is done on one side, you turn it round and season it with pepper and salt. Now dish your liver. Put a little flour with your herbs, moisten them with a little *jus* and broth, and let them stew for ten minutes. Next squeeze the juice of a lemon; and with this sauce *mask* the liver that you have dished *en miroton.*

This to be sure is a common *entrée*, yet it is very palatable.

N°. 46.—*Les petites Noix d'Epaules de Veau à l'Oseille.*

The *petites noix* in Paris are generally sold at the rate of half a pound of meat. Ten or even twelve are required for an *entrée*, which is a very dainty dish for those people who know how to eat it. In general they are very fat, for which reason you are forced to send them up to table with the fat, as it keeps the *noix* mellow. Set them to disgorge as you have done the *tendrons.*

Trim a stew-pan with layers of bacon, put in your *noix* after having blanched them, and give them a pleasing shape. Then moisten with a *poële*, and stew them for an hour on a very slow fire. Next drain them, and glaze them in two different times. Dish them *en cordon*, and put the sorrel int he middle.

N° 47.—*Les petites Noix d'Epaules de Veau à la Chicorée.*

THESE are dressed exactly in the same manner as those above; but you put endives either white or brown instead of sorrel.

N° 48.—*Les Pieds de Veau au naturel.*

TAKE some nice white calf's feet, bone them as far as the joint; set them to disgorge, and stew them in a *blanc*. (See calf's head *au naturel*.) When they are done, drain them and send them up quite hot, with a *sauce au pauvre homme* in a sauceboat.

N° 49.—*Les Pieds de Veau en Marinade.*

PREPARE the feet as above. Make a *marinade cuite*, and some paste. (See N° 29, *entrées de mouton*.) Serve them up with fried parsley or a *poivrade* in the middle. (See Sauces.)

N°. 50.—*Les Pieds de Veau farcis en Soleil.*

STEW a few calf's feet as above. When they are done drain them. Then take a little *farce fine*, that is to say a *farce* made of all sorts of dressed meat, &c. eggs excepted, which serve to make the whole stick together. (In order to prevent too frequent repetitions in a work of this kind, I will indicate the manner of making the different *farces* in a separate chapter.) When you have stuffed the middle of your calf's feet with the *farce*, give them a round shape, then dip them into an *omelette* seasoned with pepper and salt, and into crumbs of bread twice over, and fry them till they be of a fine brown. Serve them up with fried parsley very green.

N°. 51.—*Les Pieds de Veau à la Poulette.*

STEW them in a *blanc* as those above. Dish them, and pour your sauce over them. (See N°. 27, *Entrées de mouton*, for the sauce.) If you were to put them in the sauce, they would not look so well.

# CHAP. VIII.

## ENTRÉES OF FOWLS.

### N° 1.—*Fowl au Consommé, generally termed au gros Sel.*

Take a fine fat fowl, the flesh and skin of which are perfectly white, empty the fowl without making too great an aperture, singe it gently and scald the legs, which are to be turned inside of the body; then lay on it a pretty thick layer of fat bacon; fasten it tight, and let it be stewed in *consommé*, which must boil before you put in your fowl, otherwise it would lose its white colour. If the fowl be of a larger size, it will require an hour and a quarter before it is done enough: if it be but of a common size, one hour will do. Next you must drain it in a dish, wipe off all the grease, and send it up with a little of the liquor in which it has boiled, with the addition of a little salt and *glace*.

### N° 2.—*Fowl, or gros Sel.*

The same as above, with the only difference, that you lay both over and under the fowl some crystalised salt, that has not been pounded.

### N° 3.—*Fowl, à la Villeroi.*

Take a fine fowl, which may be known by the connoisseurs by a skin of a bluish hue marbled with grey: it is to be emptied and singed in the same manner as indicated, N° 1. Let it be trussed, the legs turned down outwards: inside of the body introduce a small quantity of butter kneaded with salt and lemon juice. The fowl to be put into an oval stewpan, with a layer of fat bacon: you next pour some *poële* over it. (See Sauces, *poële*.) These articles that are *braisés* requiring to preserve their whiteness, are not to be kept on the fire so long as others. It requires only three-quarters of an hour for a fowl to be done in this style. A capon would require full an hour. To be served with *sauce à la financière*. (Vid. Sauces.)

### N° 4.—*Fowl à la Montmorenci.*

The same care and attention are requisite in this case as in the former. The fowl being trussed up, you have some boiling water ready, then laying hold of the animal by the saddle,

you dip the breast only into the water in order to procure additional firmness to the skin and flesh. You next dip it into cold water. When the fowl is quite cold, you lard the whole breast in the like manner as a *fricandeau* of veal, and put it in an oval stew-pan, trimmed all round with fat bacon, but none at the top. There must be a brisk fire over it, and a slow one under it, the same as for a *fricandeau*, and it will be done within three-quarters of an hour at most. Dry your bacon, glaze of a good colour, and send up with *sauce à l'Allemande.* (See Sauces.)

### N° 5.—*Fowls à la Condé.*

Procure a nice fowl, singe and truss it up as above; slit the breast, and introduce small slices of truffles cut in the following shape within those slits that you have made: cover the whole with slices of bacon, and let it be stewed as aforesaid; care must be taken, however, when you pour out the dripping, not to derange the symmetry. This dish requires to be garnished in imitation of a *chambord* with larded sweetbread, cock's-combs, pigeons *à la gautier*, large *quenelles à la cuillière*, and *sauce à la financière.* (See Sauces.)

### N.° 6.—*Fowl à la Turque.*

Empty a fine fowl; your rice having boiled a sufficient time in rich *consommé*, you season it with salt, and introduce some in the body of the fowl, which you next roast, well wrapped up in layers of bacon, and in paper; it requires an hour to have it sufficiently done. Send it up with rice, made very rich by means of a *velouté*. Your rice to be placed round the fowl, do not let it be too thin, and pour a little *velouté* over the fowl. Take particular care of keeping the fowl white.

### N.° 7.—*Fowl à la Dreux.*

The fowl to be singed and trussed up as above. In order to give it additional firmness use boiling water, as in N.° 4. Cut some ham into squares; lard the breast of the fowl in imitation of a small draught-board, put it into the stew-pan as above. The same time, and no longer is requisite for the fowl to be completely done. To this must be added the *sauce à l'Allemande*. (See Sauces.)

### N.° 8.—*Fowl, with green Oysters.*

Singe and truss a nice fowl, and put it into a stew-pan, the same as in N.° 3. When done

enough, drain it, and send it up with oyster sauce. (See Sauces.)

### N° 9.—*Fowl aux Olives.*

SINGE, &c. &c. a fine fowl as above: then take some olives, which are to be blanched till they are no longer briny. You next boil them in a thin *Espagnole.* Skim your sauce and add a little lemon-juice, and pour it under the fowl. Serve up with some stuffed olives, without stones. (See *Sauce Espagnole.*)

### N° 10.—*Fowl à la Crême.*

THIS dish is made out of a cold fowl, either roasted or stewed: you take off the breast and fleshy part of the fowl, in a square form with a little bread toasted and dipped in butter, to stop the aperture. You then have the *farce à la crême* indicated in N° 5, with which you fill the fowl. You then make a kind of a wall round the fowl with buttered paper, the said covered with bacon, in order that the fowl may not get too much colour. If this dish be placed on the flanks, the same *farce* may be served on toasts cut in square or heart shape lozenges, which are called *témoins.* These are to be baked in the oven, the same as the fowls, and

the grease to be well drained. Send up with a thin *Espagnole* sauce.

### N° 11.—*Fowl à la Monglas.*

This is likewise a fowl of *desserte*; you take off the breast as above. You must have either ready an *émincé*, or a *salpicon* pretty thick, which is to be introduced cold, into the body of the fowl. Beat the yolks of two eggs, with a little fresh melted butter: you then cover the breast of the fowl only with crumbs of bread; you next give it a colour *à la salamandre*, but you must be cautious of its not getting a brown colour *au premier pain*: now baste it with a little butter; take the red hot shovel to give the fowl a good brown colour on all sides; serve a brown sauce under it, if you have applied a *salpicon*; and a *velouté* if you have used an *émincé*, it may also be called a *poularde en surprise*.

### N° 12.—*Fowl à la Dubaril.*

This must likewise be a fowl of *desserte*, but yet very white. You take off the breast as in N° 11. You then take the fleshy part of a nice white roast fowl, which you cut into small square pieces of an equal size; you also cut some tongue the same: next put these square

slices of fowl and tongue in a *béchamelle* pretty well thickened. Keep your fowl very hot. The moment you are going to serve it, pour your *émincé* inside the body of the fowl. Thin slices of tongue should be around the *émincé* on the top of the fowl; serve under it a sauce, or *ragoût à l'Allemande.*

N.° 13.—*Fowl à la Mirepoix, otherwise à la Cendre.*

You truss your fowl as in N.° 1. You next mark a *mirepoix* without its being melted, that is to say, you scrape some bacon, a little butter, some few slices of ham, with a little thyme, bay-leaves, salt, and pepper. You then spread the whole on a sheet of white paper: you wrap your fowl up in this first sheet of paper, which you cover with several sheets more: let the whole be closed hermetically, lest the grease should be lost; then put it in the oven if not too hot; if it should happen so to be, let the fowl be then covered with ashes, and over these have some live coals, but not too vivid for fear of the paper catching fire, which would spoil the fowl. It requires two hours for the fowls to be sufficiently done; when so, drain it well, and send it up with an *Espagnole* under it, a *poivrade*, or a *sauce haché.* (See Sauces.)

N° 14.—*Fowl à la Cardinal.*

Take a nice white fowl, singe it, and pull out the bones without destroying the skin. You next have a *farce à quenelles* wherein you introduce a little *beurre d'écrevisses.* This *farce* being made rather liquid, is to be injected first, between the skin and the flesh of the fowl, and then inside of the body. You then mould your fowl into an agreeable shape: you next put it into an oval stew-pan well trimmed with slices of bacon, and pour some *poële* over it (see *poële*) and leave it on the fire for an hour and a half. As it has no bones left it requires more time before it is done. Serve it up with a *sauce à l'Allemande,* to which you add a *beurre d'écrevisses.* (See Sauces.) But if you should have no craw-fish, take some lobster's-eggs, which pound with a little butter, and then rub through a hair sieve, to give a red colour to your sauce. Send it up with either an *Allemande,* to which you add some of those pounded lobster's-eggs, or a *sauce aux tomates.* (Love apples.)

N° 15.—*Fowl au Campine, à l'Oignon crud.*

Truss your fowl with the legs outwards, and roast it. It must be of a good colour. When done you slit the breast, cut raw onions in slices, which you introduce into the slits you have been

making, and send it up with a *poivrade brun*, high seasoned. (See Sauces.)

### N° 16.—*Fowl à la Tartare.*

Take a fine fowl, turn in the legs as usual, then cut it in two, take the bones off from the back, cut the breast bones, break those of the legs, flatten the fowl with the back of your knife, and season it with salt and pepper: then dip it into melted butter, and next into crumbs of bread equally on all sides. Next broil it to a fine colour, on a slow fire, that it may be done thoroughly. Send it up with the brown *Italienne*. (See Sauces.)

### N° 27.—*Fowl à la Chingara.*

Take a nice fowl of a fine white colour, singe and pick it well; then cut it into four equal parts. Next cut some thin slices of ham, in a buttered stew-pan, and put the four quarters of the fowl over them; let the whole simmer for a while on red hot ashes: when the fowl is done, you drain the grease, and powder a little salt and pepper over the fowl; you then detach the *glace* formed by means of the liquor of the fowl and slices of ham, pour a little *Espagnole*, with the juice of a lemon, and send it up with the slices of ham over the four quarters, and four

large fried pieces of bread between, of the same dimension as the slices of ham.

### N° 18.—*Fowl à l'Estragon.*

Take a fine fowl, which truss as in N° 3, and likewise put in a stew-pan. When you are going to send it up to table, mask it with *Espagnole* (see Sauces) *à sauce à l'estragon.*

All other *pluches*, such as leaves of parsley, chervil, &c. &c. are served up with *entrées entières*, by which is meant, when the fowl has not been cut into pieces. Then use any sauce you may fancy.

### N° 19.—*Fowl aux Choux-Fleurs.*

The same as in N° 18, the only difference is that you boil some cauliflowers in water with a little butter and salt. This you put round the fowl, and then *mask* both the fowl and cauliflower with a *velouté.*

### N° 20.—*Côtelettes de Filets de Poularde, à la Maréchale.*

Take four fowls; cut off the fillets, without injuring the *filets mignons*; keep the two small bones of the breast, which cut in two. Take off the *filets mignons;* frame your fillets in the shape of hearts; and stick the above small bones

into the point of the hearts, to give them the appearance of chops: and do the same for all the rest. Season them with pepper and salt; then brush the fillets over with yolks of eggs, that the crumbs of bread may stick to them. When first dipped into crumbs; next dip them into melted butter, and then into crumbs again. Use your knife to level the bread, and broil your fillets over a brisk fire. The fillets being very thin, only require to get a light brown. Serve under them *jus de veau* reduced to *glace*. (See Sauces.)

N° 21.—*The Wings of Fowls à la St. Laurent.*

Take three fowls, divide the breasts into two parts, take off the fillets with the pinions, which you divest of the upper skin; then having removed from the wings the nerves and small bones, &c. brush them as above with yolks of eggs, then dip them into bread, melted butter, and bread again; next broil them in the same manner, and send them up with an *Espagnole*, thin, yet with a good substance.

N° 22.—*Filets of Fowls sautés au supréme.*

Take off the fillets of three fowls, which will procure nine fillets, as two of the *filets mignons* are used to make a large fillet. You then pre-

pare them all alike, and *mask* them in a *sauté* pan with some clarified butter and salt, and apply the *velouté*. (See Sauces.) When you have *sauté* the fillets, you drain the butter, but be cautious to retain the liquor of the fowls with a small quantity of the butter: be cautious to put a sufficient quantity of the *velouté* that you may be enabled to *mask* your fillets. Let them simmer gently without boiling, for the fillets then would get tough: now add two spoonfuls of thick cream, and send up with sliced bits of bread fried in butter, and glazed over, which are to be placed between the fillets. The sauce to be poured over the fillets only.

N° 23.—*Scollops of Fowls aux Concombres.*

Take off the fillets of three fowls, cut your scollops of the size of an half-crown piece, dip them into some clarified butter, *sautez* them over a brisk fire, and throw them into the sauce *aux concombres*. (See Sauces.)

N° 34.—*Scollops of Fowls à l'Essence de Concombres.*

These scollops are prepared in the same manner as those above, but the sauce is not the same; this is to be made in quite a different way. You cut your cucumbers of the same

size as your scollops; the *parures* (parings) with such others as you may wish to add to them, sweat in a little butter till thoroughly done; you then moisten them with a few spoonfuls of *consommé*, in order to extract the butter, which would spoil the look of the sauce. When you have skimmed the grease off your cucumbers, reduce them very thick; add eight spoonfuls of *velouté* to those cucumbers, and strain the whole through a tammy to make a *purée*. When you have *sauté* your scollops, drain them, and put them into that essence of cucumbers. The cucumbers are to be cut *en escalopes en liards*, and boiled in a little *sauce tournée* and a little sugar, when done drain them and put the sauce with the other to be reduced quite thick before you put the *velouté* to it; but take care not to let them boil, when mixed with the cucumbers, for fear the cream should curdle.

## N° 25.—*Les Escalopes de Poulardes aux Truffes.*

These are prepared as those above, but at the moment when you throw your scollops into the butter, your truffles must be ready peeled, and cut of the same round form and dimension as your scollops. Season with a little salt; *sautez* your truffles and scollops, a few moments before

dinner time; and put them into a *velouté*, to which you have added a little reduction of truffles. This reduction is made as follows. The *parures* are to be reduced in a little *consommé*, you introduce this *glace* into your scollops, and as this *glace* is always brown, you add three or four spoonfuls of thick cream to your *sauté*, to make the sauce white, and season it according to your palate. Do not forget to put the sauces through a tammy.

N° 26.—*Scollops of Fowl à la Conti aux Truffes.*

THE same as N° 25, the only difference is, that you keep the *filets mignons* which you lard, one half with bacon and the other with truffles. You must take care your *conties* are not over done. Those that are larded with bacon, must be well covered with fire, and those that are decorated with truffles must be wrapped up in bacon and glazed. You give them the shape you like when you put them in the *sauté* pan, either in garlands, *rosasses*, &c.

N° 27.—*Fowl Scollops with green Peas.*

THESE scollops are prepared, and done in the same manner as those above. When they have been *sautés*, you put them in a *sauce à blanquette aux pois*. (See Sauces.)

N°. 28.—*Filets de Poulardes à la Chingara.*

Take the fillets of three fowls, which you dvest of the skin and nerves. Mark them with clarified butter in a *sauté* pan, together with some slices of ham of a similar size. *Sautez* them over a slow fire; but do not let the fillets of fowl stand too long on the fire. Let the ham be well done, of a fine colour; glaze it of a red colour. Dish *en miroton* with an essence that you have worked in the glaze of the fowls and ham. Never forget that this sauce always requires a little salt and the juice of a lemon.

N°. 29.—*Blanquette of Fowl marbrée.*

This dish although it has no savour, is served at grand dinners. Take off the breasts of three fleshy fowls, wrap them well up in bacon and paper, then roast them; do not let them be too much done. You next lay them aside to cool. You then pull off the flesh which you cut the size of an half-a-crown piece, the same as some slices of tongue *à l'écarlate;* you then put in the dish that is to be sent up a *miroton* of tongue and of fowl, that is a slice of each alternately, and so in a spiral line. Take care to keep your dish, quite hot. The moment you are going to send up, add to it a *sauce à blanquette,* or *à l'Allemande.* (See Sauces.)

N°. 30.—*Wings of Fowl à la Dauphin.*

If you have a very large dinner to send up, take six fillets off from the same side, which makes no difference with regard to the expence; and besides this dish looks better when the wings are all of the same side; prepare your fillets well, lard them with fine bacon, and then put them in a well buttered stew-pan, in order to give them a good shape; when they have got a certain degree of firmness, you lay them over slices of bacon, with a little salt, and a good fire over them, in order that the bacon may be seized: your wings will be done in ten minutes; glaze them and send up with whatever sauce you think proper. Endives *à la crême, la soubise, la purée, de céleri, la purée de cardes,* are however preferable to all others.

N°. 31.—*Pudding, or Boudin à la Reine.*

This dish is made out of cold fowls. You take the breast and fleshy parts of the wings of several fowls which you cut into small dice, all of an equal size. You next throw those dice into a reduction of *velouté,* and season them well; you next put them in a dish *à la glace,* that they may cool. When your apparatus is quite cold, you cut them in two equal parts which you make into *boudins,* of the size of the

dish: you roll them into crumbs of bread; you then dip them into an *omelette* and roll them again into bread. You must take care that the extremities are well covered with the crumbs, otherwise they would break in the frying-pan. When they are fried to a good colour, drain them, wipe off the grease with a clean towel, and serve with a thin *velouté*.

### N° 32.—*Croquettes of Fowl au Velouté.*

These are prepared in the same manner as the *Boudins à la Reine*, but you must keep them rather thick to prevent their shrinking whilst frying. A little fried parsley is to be put in the middle of the dish. There are several manners of rolling them, as in the shape of a cork, of a ball, of a pear; the tail whereof is made out of a carrot, or some other substance, which I do not approve of; that which looks the best is *en bouchon*. You must press pretty hard on the extremities, that they may stand erect on the dish. To place them in a circular form, with fried parsley in the centre, this manner has a pretty effect, though it be very plain.

Those that are in the shape of a pear are called *à la Dubaril*. There are also *croquettes* of sweetbreads, of palates of beef, of cock's-

combs: but they are all much alike, as will be shewn hereafter.

N° 33.—*Hachi, or minced Fowl à la Polonoise.*

If you have any remnants of fowl, you mince them, and put the minced meat in a good *béchamelle*, without suffering it to boil. At one time you may put the whole in a *vol au vent*, another time in patties *en timballe*; another time again in a *bordure* with poached eggs over the minced meat. By this means you procure a variety of dishes: you may likewise send up in *croustades*, but these *croustades* bear the appearance of a second course.

N° 34.—*Legs of Fowl en Caneton. Duckling-like.*

After having prepared the fillets of your fowl, you must contrive to turn the legs to advantage: pull the bones off from the white flesh entirely; but take care not to destroy the knee, which must remain fixed in its place. You must cut the bone inwards. When you have boned the thighs, you stuff them moderately with a *farce à quenelles*; you next sew them up with a little thread; you also tie the necks of your *canetons*, that they may not lose

their shape: put them between slices of bacon, and let them *braize* like all other *braize*. You may send them up with different sauces as either *l'Italienne, la Hollandoise verte*, or *tomates*, &c. &c.

### N° 35.—*Legs of Fowl en Balotine.*

Bone the legs of your fowl; cut the knee entirely off and the leg just above the joint; you then roll your legs, and thrust the claws into the hole of the leg bone: you tie them up quite round, and put them between two *plafonds* with a pretty heavy weight over them, to give them a nice shape. When they are become firm, you mark them between layers of bacon, and braize them in the common way: when they are done drain and glaze them; send up with any sauce you may fancy. *La tomate, l'Italienne, la poivrade* will answer the purpose very well.

### N° 36.—*Legs of Fowl à la Orlie.*

Bone the legs of several fowls, and set them to be marinated raw in an earthen-pan, with the juice of a lemon, a little parsley, thyme, bay-leaves, salt and pepper, &c. &c. When marinated for three hours you drain them: then beat the white of an egg, mix a little flour with

crumbs of bread, and dip the legs first into the white of the egg, and then into the flour and crumbs; you next fry them, but mind your dripping must not be too hot, for if it were so the legs would get a colouring before they were done enough through. Serve up with *la poivrade*, or *tomate sauce*.

### N° 37.—*Legs of Fowl à la Dreux.*

Bone the legs, fill up the vacuity with a *farce crue*; give the legs a round shape, then lard the upper part with small slips of ham, mark them between layers of bacon, and *braize* them as above. When they are done glaze them, and send them up with whatever sauce you think proper. It is to be observed, however, that a glazed dish requires a white sauce that the glazing may appear to greater advantage. These legs are to be put in a *sauté* pan on which you have spread layers of bacon. You also put the same over the legs, and cover the whole with the lid of a stew-pan, and over this put a heavy weight to give the legs a good shape. When they are become sufficiently firm over a slow fire, you take them out and *mark* them the same as another *braize*.

## CHAP. IX.

## ENTRÉES OF FAT CHICKENS.

### N° 1.—*Chickens à l'Ivoire.*

Take two chickens of the same size and equally white; pick them well and singe them; you then thrust your fingers inside of the chickens to pull out the breast bone. Having mixed a little butter with the juice of a lemon, some salt and pepper, you introduce an equal proportion of this mixture into the body of each chicken, and bind them up in a good shape. You then put them in an oval stew-pan, surrounded with layers of bacon: you next cut the juicy part of a lemon, and cover the breasts of your chickens with thin slices of lemon and with bacon. Pour some *poële* over them. Your chickens will be done in half an hour's time, and retain their white colour. Drain them, take off the packthread, and send them up with the *velouté*.

N° 2.—*Chickens à la Villeroi*

ARE dressed in the same manner as those above. The sauce however is to be an *aspic lié.* (See *Aspic* Sauce.)

N° 3.—*Chickens à la Montmorenci.*

TAKE two chickens of the same size and equally white, bind them up as above, you next have some boiling water wherein you dip the breasts of the chickens only to make the flesh become firm. You then lard them the same as a *fricandeau*, and put them in an oval stew-pan, surrounded with bacon, though there is not to be any over them. A large fire is required to seize the bacon; which having got a good colouring, you remove the fire from over them, and let your chickens boil gently for half an hour: then drain and glaze them nicely, and serve up with a *ragoût à la financière.*

N° 4.—*Chickens à la Condé*

ARE to be dressed as above, but it is useless to dip them into boiling water: you then slit them equally with a penknife, and introduce between the slits thin slices of truffles and of tongue *à l'écarlate;* you then stew your chickens as mentioned above, and serve up with the *ragoût à l'Allemande.*

N°. 5.—*Chickens à la Turque.*

Take two white chickens of the same size, empty them and dress them up as above. You then have some rice which being well cleansed and blanched, you boil it in some *consommé.* When sufficiently swelled and very thick, you season it well, and take one half of it which you introduce inside of your chickens, stuff them as full as you possibly can, with the rump turned inside to prevent the rice from bursting out: then spit your chickens, wrap them up in layers of bacon and paper, and they will be done in three-quarters of an hour. When done you lay them on the rice that you have left, and into which you pour four spoonfuls of *béchamelle,* and one spoonful of thick cream. Season the whole well.

N°. 6.—*Chickens aux Pâtes d'Italie.*

Take two fat pullets as above, dress them in the like manner, but your Italian paste must be in a state of readiness, and made very thick, as it has less substance than rice: then stuff your chickens with part of the paste, and mix the remainder with some *béchamelle* as above.

N°. 7.—*Fat Pullets aux Nouilles.*

Take a couple of fat pullets, which you dress

and prepare as indicated in N°. 1, and stew them in the same manner. The *nouilles* are made as follows. Take the yolks of four eggs, five spoonfuls of flour, a lump of butter of the size of an egg, and a little salt; make a paste which you moisten with a little water; yet let it be kept thick; work it hard with your hand and spread it on the pastry-table with the rolling-pin, mind you powder a large quantity of flour when you cut into dice to prevent their sticking to the pan: then blanch it in some water with a little salt. When these small dice are blanched, drain them, put them in cold water, and stew them in *consommé;* when your paste is done, drain and toss it in a small quantity of *Allemande*, or of *velouté*. These sauces you may also pour over your chickens. Your paste may be cut into different shapes, in squares, lozenges, &c. &c. *Emincés*, or *blanquettes* agree very well with the *nouilles*.

### N°. 8.—*Chicken à la Tartare.*

Take two very young chickens, singe and dress them *en poule*, by which is meant, that you makea hole above the joint of the leg, and thrust the claws into those holes: you then split them in two, break the bones of the legs, and bone the backs and breasts, leaving as few

bones as you possibly can ; you then mould the chickens into a round shape ; season them with salt and pepper ; take a brush which you dip into yolks of eggs, and brush the chickens all over ; next dip them into crumbs of bread, have some melted butter ready, dip them into that butter and next into crumbs of bread again and roll them equally ; lay them on something flat, to give them a good shape ; half an hour before you send them up broil them on a clear fire ; serve up with gravy, or an *Italienne*.

### N° 9.—*Fat Pullets à la Givry.*

Dress two young pullets and stew them as indicated, N° 1. The *givry* is made in the following manner. You take some small white onions, which you cut into rings ; you select those of a same size which you stew in a small quantity of *consommé* ; take care your onions are not too much done, for they would break. You then spread these rings at an equal distance over the breasts of your chickens. You have a *verd de persil* (see Sauces) ready, and put a little in the centre of your rings ; the remainder you mix with some *sauce tournée* well reduced, and well seasoned ; then take a little lemon-juice, and pour your sauce under the chickens.

N° 10.—*Chickens à la Barbarie aux Truffes.*

Dress two young chickens as in N° 1. Cut small pieces of truffles in the shape of a nail, make a few holes in the breasts of your chickens, and fill those holes up equally with the prepared truffles. You then cover the chickens with layers of bacon, and stew them with a *poële* as in N° 1, and serve up with an *Italienne aux truffes.*

N° 11.—*Chickens à la Cardinal.*

Take a couple of fat chickens, but mind the skin be not injured, and pick them with the utmost care. Have some *beurre d'écrevisse* ready; introduce the handle of a little knife between the skin and the flesh, and thus separate the skin without tearing it; you next introduce the *beurre d'écrevisse* between the skin and the flesh very even; then truss your chickens in the common way, and *poële* them as usual, but do not make them too much done, let them stew gently and pour under them a *sauce aux tomates.*

N° 12.—*Fillets of fat Pullets à la Royale.*

If you have a large dinner to serve, you take the fillets of four chickens, and thus procure eight large fillets, and a similar number of *filets mignons,* flatten them with the handle of a knife

that has been dipt into cold water, to prevent the knife breaking the fillets or sticking. You then use the knife to pull off the upper skin which is very tough, you take the nerves from the *filets mignons*, put them in a *sauté* pan, after having dipt them in butter, you then powder them over with salt only, pepper being intended merely for high seasoned dishes, but loathsome to a dainty palate. When you are going to serve them, *sautez* them hastily, drain the butter, pour over them two or three spoonfuls of *béchamelle*, one spoonful of thick cream, which you keep stirring for a while; then send up dressed *en miroton*, with the *ragoût à la royale* in the centre, after having dished the fillets in a circle.

N° 13.—*Cutlets of Chicken à l'Epigramme.*

Take the fillets of five pullets and *parez* them well. You then take the small bone of the pinion, scrape it well and stick dexterously into the point of the fillets; which season with salt and pepper; dip them into the yolks of eggs, then into bread, next into some melted butter, crumbs of bread again; let them be covered entirely. Broil them exactly at dinner time. Then put your *filets mignons en escalopes* in a *sauce à blanquette*, and send up. Another

time you may *sautéz* your *filets mignons* entire, and dish them between the cutlets, with a thin *Allemande.* (See Sauces.)

### N° 14.—*Fillets of Chicken à la Maréchale.*

This is exactly the same dish as that known in England by the denomination of *sauté au supréme.*

### N° 15.—*Fillets of fat Pullets sautés à la Lucullus.*

Take the fillets of four fat pullets, take off the *filets mignons*, and from these pull off the nerves: flatten them with the back of a knife, and *mark* them into clarified butter. The larger fillets are to be garnished with truffles, cut into small round slices, as in the *contis.* You next make three round slits in each fillet, and introduce the sliced truffles within each slit, though not so far as to reach the extremity of the fillets, which would not then look so well. When your fillets have been garnished, (*décorés*) *mark* them into clarified butter, and *sautez* them in the common way; mind they are only *vert cuits*, by which is meant that they are to retain somewhat of the reddish hue; but as they are to be kept hot with the sauce, they by degrees will

soon be thoroughly done, and are always tender. (See *Sauce à la Lucullus.*)

*N. B.*—For the sauce: strip the legs and loins of your chickens, wash the inside of the lungs clean, then mark the remainder in a small *marmite* with a little salt, shalots and the *parures* of your truffles, and let it sweat in a spoonful or two of *consommé.* When the meat is done through, pour over it some boiling hot *consommé,* and let it boil for about an hour, then lay the whole on a cloth, or in a double silk sieve to drain; reduce the *consommé à glace,* when it may serve you for different purposes. When you have *sauté* your fillets, drain the butter; take four spoonfuls of *béchamelle,* a little of your *glace de volaille,* a spoonful of thick cream, keep stirring the fillets in the sauce, and dish them alternately, a large fillet and a *filet mignon.* Pour the sauce over the parts that have no truffles over them, and that are not glazed.

N° 16.—*Escalopes de Poulets aux Truffes.*

See *Escalopes de Poulardes,* N° 25. You must always reduce to a glaze, a little *consommé,* into which you have put the *parures* of your truffles. When reduced drain it through a sieve, that the *parures* may not injure your sauce.

Then add a small quantity of your glaze to the sauce of the *sauté* and a little cream.

N° 17.—*Scollops of fat Pullets à la Conti aux Truffes.*

The same as above, with the difference only that you preserve the *filets mignons*, which you garnish with truffles, and mark them in a *sauté* pan in order to be enabled to give them the shape either of garlands, crescents, &c. &c. Butter the *sauté* pan, and have ready some *filets mignons*, larded with bacon; divide the thickest part of the fillets, preserve the right side point, turn over the two parts that you have divided that you may give them the shape of a dart or arrow. Another time you may frame them in the shape of an S, and dish them round your *escalopes*, which are dressed *en buisson*, in the shape of an obelisk.

N° 18.—*Escalopes of Chicken à l'Essence de Concombres.*

Scollop the fillets of four fat pullets; *mark* them in a *sauté* pan with some clarified butter, and a little salt over them: cover them with a round piece of paper till dinner time. The sauce is to be made in the following manner. Take eight very green cucumbers, cut off the extremi-

ties, to which you apply the tip of your tongue to taste them: if they should taste bitter do not use them. Slice those only that are good about thesize of an half-crown piece; take off all the green seed: and then put these *parures* with a few minced cucumbers, and let them sweat in a little butter till they are melted: *marinate* the large slices with a little salt and vinegar, then lay those slices on a clean towel to drain, and put them in a stew-pan with four spoonfuls of *sauce tournée*, a small lump of sugar, a little salt, and let them stew gently. When they are done, drain them: you then mix the whole of that sauce with the *parures*, and let the whole boil gently in order to extract all the butter: when there is none left, you reduce your cucumbers till they become thick, you then mix three or four spoonfuls of *béchamelle*; and strain your cucumbers through a tammy like a *purée*, and warm your *sauce au bain marie*. When dinner time is come put in your scollops after having *sauté* them, in the sauce which must always be kept very thick. The moment you are going to send up drain your cucumbers in a hair sieve, and mix a little thick cream with your scollops; taste whether they have a fine relish, and send up either with or without *contis* according as you most approve of.

N°. 19.—*Wings of Chicken à la Maréchale.*

See wings of fowl *à la St. Laurent,* N°. 21.

N°. 20.—*Blanquette of Chicken à la Turque.*

Cut slices of chickens in the shape of half-crown pieces: you have ready some rice which has swelled in rich *consommé;* let the rice be thick, make it richer with a few spoonfuls of *velouté;* dish it *en buisson*; you put the slices of chicken *en miroton* up to the top of the *buisson,* keep the whole hot, and when ready to send up, *mask* with a *sauce à blanquette,* or a *béchamelle.*

Observation.—To the above I prefer the following.

N°. 21.—*Sauté of Fillets of fat Pullets à la Turque.*

Take the fillets of four fat pullets, then tear off the second skin and the nerves of the *filets mignons:* stick two together, you then will have twelve fillets: you *mark* the whole in a *sauté* pan, with some clarified butter, and a little salt (never put any pepper in white made dishes) and cover them with paper. At dinner time you have some rice ready that has swelled in rich *consommé*; the rice must be kept thick: mix two spoonfuls of *béchamelle* with your rice,

likewise a small lump of very fresh butter. This rice is dressed *en buisson* in the centre of the *sauté*, which is made in the same manner as the *sauté au suprême.*

N° 22.—*Sauté of Fillets of fat Pullets, sautés au Suprême.*

See above N° 22. Fillets of fowl *au suprême.*

N° 23.—*Wings of fat Pullets à la Dauphine.*

See above, N° 30. Wings of fowl *à la Dauphine.*

N° 24.—*Boudins of Fillets of Chicken à la Reine.*

See above, N° 31.

N° 25.—*Boudins of Chicken à la Richelieu.*

Look into the chapter of *Farces,* for the manner of making *quenelles.* The *boudins à la Richelieu,* are the same thing as a *farce à quenelles,* made of either veal, or fowl, rabbits, whitings, carp, &c. Sweat some white onions that are cut into small dice, when well done you drain them in a hair sieve, in order that there remains not the least particle of butter; you work your *farce* with a wooden spoon before you put the onions in, to prevent their melting,

for it is requisite they should remain entire in the making of *Boudins à la Richelieu.* Next let your *farce* stand to cool. When it is quite cold, you roll it in the shape of a pudding of the length of your dish, and poach it in the following manner. After having rolled your puddings, you rub with butter a stew-pan large enough for the puddings to be at ease; you lay them over the butter, and pour some boiling water with a little salt into the stew-pan, and let them boil gently, till you see they are swelled properly: you then drain them and let them cool. When cold you mould them of an equal size, then dip them into yolks of eggs well beaten, with a little salt; and then slightly into crumbs of bread, next into eggs again, and once more slightly into crumbs of bread: you then fry them on a clear fire; they only want to get a fine colour: drain them with a clean towel, dish them, and pour over an *Italienne.* Some people make use of the *sauce d'attelets* (see Sauces), this is to be poured hot over the puddings, and then to be made cold. You then pour some over each square dipt into crumbs of bread. Take care that you make them into regular squares; you then prepare an *Angloise,* by which is meant yolks of eggs mixed with melted butter. Your puddings are to be dipt

only once into this preparation. You give them a good colour, either by leaving them for a while in an oven, or by using the *four de campagne*.

The first manner however gives less trouble, and answers the same purpose.

N° 26.—*Boudins, or Puddings à la Sefton.*

Make some *quenelles* of fowl, in which you introduce small mushrooms, cut in the shape of dice, sweat them well. When they are well done, you put half of them in a hair sieve to drain, and mix them with the *farce* in the same manner as the *boudins à la Richelieu*; you then poach them, and dip them into crumbs of bread, and fry them as the above-mentioned. You moisten the remnant of your mushrooms with two spoonfuls of fowl *consommé*, four spoonfuls of *sauce tournée*, and let the whole boil on the corner of the stove to get the butter out. When there is no more grease left in the sauce you give it a good seasoning, and thicken it with the yolks of three eggs and a little cream, and serve without *masking*. Sometimes I send my *boudins* up without their having been dipt into eggs and crumbs of bread, but then I keep my sauce a little thicker, to *mask* my *boudins* and put over each one these fillets larded and

glazed, of a light colour and put under it; the sauce little thinner.

### N° 27.—*Quenelles of Chicken au Consommé clair.*

The *quenelles* are to be rolled much about the size of a thick cork, and are in a stew-pan rubbed with butter, as indicated above. You must have ready some fowl *consommé* very clear yet rich: drain the *quenelles* on a clear cloth, and then put them in a silver stew-pan; and pour your *consommé* gently over them that they may not break, and that the *consommé* may remain clear.

Observation.—This dish is seldom called for in England. The other *quenelles* are made in the like manner, but only of various sizes. There are *quenelles* called *à la cuillière*, which are prepared in the following manner. Take two spoons, one of which is always to be kept in hot water; fill the other with some *farce*, which you shape with a knife: when your *quenelle* is quite round, with the other spoon you take it out, and put it over some butter in a stew-pan, and so on with the rest. This same manner of preparing *quenelles* is also practised in dressing *entrées* of fish. The *farce à quenelles* not only makes good *entrées*, but is indispensably necessary in the making of *la Cham-*

*bord, la financière, le ragoût à l'Allemande, la Godard, la Toulouse,* &c. &c.

### N° 28.—*Rissolles of Fowls.*

Rissolles were formerly made with a *farce fine,* either of fowl, or rabbit, (see *Farces*) when over a spread *feuilletage* you laid, at equal distances, balls of your *farce.* You then use the paste-brush over the paste, round the *farce,* and fold the paste, which you press upon all round, in order to make the borders stick close together. You then run a *videlle goudronnée* round the paste, so as to cut your *rissolles* in the shape of a crescent. When you have about two dozen, you fry them, and send them up with fried parsley in the middle. Now a days the *rissolles* are commonly made in the following manner. Have some minced fowl, that is, the white fleshy part, which you put in a *velouté* reduced; give it a good seasoning, then let it cool. When cold you divide it into small balls, and wrap them up in paste, fry them, and serve up garnished with fried parsley.

### N° 29.—*Croquettes of Chickens au Velouté.*

Take the flesh of roast chickens, which you cut into small dice of an equal size; put these in a *béchamelle* reduced, then let them cool; now you mould them of the shape of a cork; next

dip them into an *omelette* and next into crumbs of bread; then fry them till of a light brown, and serve up with some fried parsley of a good green colour. This requiring a great quantity of white flesh of chickens, is termed most naturally an *entrée de desserte.*

### N° 30.—*Fricassée of Chickens au naturel.*

Take a couple of fat chickens, empty and singe them till the flesh gets firm, in order that they may cut better, and that the skin be not injured: some persons neglect this ceremony, but the flesh of such fowls or chickens as are intended for a *fricassée,* or a *marinade crue,* must be made firm. Now carve your chickens, as neat as possible, and each will supply you with ten pieces. Take out the lungs and spungy substance, that is within the loins, and wash the members in luke warm water; blanch them, you then put them into boiling water that the flesh may be made firm, and that you may give the members a good shape, after they have been cooled, then put a lump of fresh butter about the size of an egg in a stew-pan, with half a pint of mushrooms, a bunch of parsley and of small onions, put in your chickens, and the stew-pan over the fire with a little salt. When your members have been fried lightly, dust a little flour over them and moisten with the liquor they

were blanched in. Let them boil for about three-quarters of an hour: skim off all the butter and scum, then put your members in another stew-pan, you reduce your liquor, and drain it through a tammy over the chickens. This stew-pan is to be put in a *bain marie* till dinner time; then thicken your *fricassée*: it is to be observed that if the *fricassée* does not boil, the thickening will not be done enough. Some people add a little lemon-juice, but others do not use any, and they are right, for lemon is admissible only in *fricassées* of a high relish.

### N°. 31.—*Fricassée of Chickens à la Paysanne.*

This *fricassée* is to be prepared as that above, only boil four onions in the *fricassée*, which however are to be taken out again. Take about three dozen of small white onions of an equal size, peel without injuring them, blanch them in water first, next in a little *consommé* with a little sugar and some salt; they must simmer only. When done leave them in the liquor. When it is dinner time you have chopped some parsley, which you put into the sauce after having thickened it. You toss the *fricassée* gently, in order that all the members may equally be covered with parsley, and dish the *fricassée*: you then put your onions on a cloth to drain that they may not thin the sauce, and put them over the meat, and the

sauce over. Lemon in this *fricassée* is requisite, and you must give it more seasoning than to that above; you must also add a little ground pepper to it.

### N° 32.—*Fricassée à la Chevalière.*

This is prepared in the same manner as that above, N° 30, with this only difference, that you lard the fillets; which is a method that I do not approve of. You must cut off the four wings, and the *filets mignons* of each; lard them but keep the wings entire, and make the *fricassée* as usual; when it is dished with the sauce, lay the four *filets mignons* on each corner of the dish, with sweetbreads of lamb, by this means the members are all left entire except the breast.

### N° 33.—*Fricassée of Chickens à la St. Lambert.*

Make a *bouillon de racines,* (see Sauces) *mark* your *fricassée* as above, moisten with your *bouillon de racines,* then proceed as usual. This *fricassée* instead of being white is rather of a brown colour.

### N° 34.—*Fricassée of Chickens à la Dauphine.*

If this be made on purpose for the day, the sauce must be thickened, you let it cool, next pour the sauce over each member, dip these into crumbs of bread, equalize your pieces, and dip

them into an *omelette*, and next into crumbs of bread a second time. Fry them till of a light brown, and serve under a *velouté*. This dish is also an *entrée of desserte*. When a *fricassée* of chickens has been taken down untouched, you serve it up again the next day according to this manner.

### N° 35.—*Marinade of Chickens à la St. Florentin.*

Take two very young fat pullets; singe them, till they be firm, cut them into pieces as if to make a *fricassée;* put them into an earthen-pot with a few leaves of parsley, a few slices of onion, a little salt and pepper; then squeeze a lemon over the limbs, which *marinate* for a couple of hours. This *marinade* is to be stirred every now and then. At dinner time you drain the chickens, beat the whites of two eggs, dip your pieces first into these, next into flour; cover them all over that they may all equally be made of a good colour, then fry them, but take care the dripping be not too hot, for fear the chickens should be too brown and not done through; drain them on a clean towel, and serve under them a *poivrade*, or *la sauce aux tomates*.

### N° 36.—*Friteau de Poulets gras.*

This dish is prepared as that above, but is to

be garnished with a few fried eggs. Serve up with the *sauce aux tomates.*

### N° 37.—*Fricassée of Chickens à la Bardoux.*

This is prepared as that N° 30. After having thickened your *fricassée,* take a few onions cut into dice. Sweat them in a little butter, but take care they do not get brown; drain them, put them into the sauce, and *mask* your *fricassée.*

### N° 38.—*La Capilotade of Chickens.*

This is an *entrée de desserte.* Take two chickens that have been either roasted or stewed, cut them as for eating, flay them and *mark* them in a stew-pan like a *salmi:* now pour a brown *Italienne* over them, and let them simmer gently over a slow fire, that the sauce may not stick to the pan. You then have thin slices of bread cut into flat pears, that you fry in butter till they be of a light brown; dish them between the members, as you must glaze the fried bread, and pour the *Italienne* over the chickens only.

### N° 39.—*Members of Chickens au Soleil, or Marinade cuite.*

This is also an *entrée de desserte.* The *marinade cuite* is to be prepared in the following manner; put a little butter in a stew-pan, with

four shalots, an onion, and a carrot, cut into dice, a little parsley, some few roots ditto, a bay-leaf, a little thyme, clove, and some spice. Let the whole lay on the fire till the vegetables be of a light brown; then moisten a little vinegar and water. When the *marinade* is done enough, season it, give it a high relish, then pour it over the members of the chickens; let the whole boil for a minute or two, and then let it cool till dinner time; then drain the members, dip them into proper paste, and fry them. (See paste for making of *fritters* and *marinade*.) Serve under them a brown *poivrade*.

N.° 40.—*Marinade of Chickens à la Ortie.*

This is the same as the *St. Florentin*, N.° 35, with the only difference that you mix crumbs of bread with the flour, into which the limbs are to be dipped.

N.° 41.—*Emincé of Chickens à la Polonoise.*

Take the fleshy part of roasted chickens, chop it very small, and put the whole in well seasoned *béchamelle*. Send up in a *vol au vent*, or a *bord de plat*, with poached eggs over, and fried bread round the dish.

N° 42.—*Blanquette of Chickens aux petits Pois.*

This dish is made out of roast chickens that have already been served up, otherwise it would be very expensive, as it would require five chickens at least to make it, and it would be but a small dish after all. Cut scollops of chickens as large as possible, give them nearly a round shape, but it matters not whether they be of different sizes: put them into into the *sauce à blanquette aux petits pois*, but not till you have thickened the sauce.

N° 43.—*Soufflé of Chickens à la Créme.*

This dish is also made of the remnants of roasted chickens: take off the white flesh, and mince it very small, and pound it in a mortar with a little *béchamelle*, and a good lump of fresh butter: with this mix the yolks of four eggs. Strain the whole through the tammy, or a hair sieve; then beat the white of five eggs till made in a single body; mix these with the former preparation and put the whole in a dish *à souffler*, or in a *croutade* that has been raised like the crust of a *pâté chaud*. It will be done in a quarter of an hour or twenty minutes, according to the quantity. It is to be observed that if the oven be too hot, the outside of the *soufflé* will be burnt, although the inside be not

done enough. This must therefore carefully be attended to.

## N° 44.—*Le Gratin of Fillets of Chickens au Velouté.*

This is likewise an *entrée de desserte;* you mince the flesh of chickens which you put in a *velouté* well reduced; then make a *bord de plat* about an inch thick, and put the minced meat in the middle. Your *émincé* must be thick, and levelled with a knife; dust it over with crumbs of bread; pour some melted butter over the crumbs, then throw some more crumbs over the minced meat, and pour again some melted butter and crumbs of bread. Then give a colouring with the *salamander,* but hold this latter at a distance, otherwise it would spoil the colour. Next cut pieces of bread in balls and in the shape of corks, fry them in butter, with which alternately you garnish your *émincé* all round and serve up quite hot.

## N° 45.—*Galantine of fat Chickens.*

Take a nice fleshy chicken, which empty and pick nicely. When picked neat, bone it without injuring the flesh. Take some slits of ham and some truffles, which cut into bits of the same thickness at least, if you cannot make them of

the same length; cut the flesh of the chickens into fillets, add a few slices of veal; of those form kind of beds, in such a manner as when they are cut they may be checquered; then close the skin of the chicken, sow up the back, give it a nice shape before you put it in the stew-pan. You must have some calf's foot jelly ready, for the chicken is much sooner done than the calf's foot; then mark the chicken in a stew-pan, and cover it with layers of bacon; season it with a bunch of parsley and small onions, some thyme, a bay-leaf, a clove, a little spice, a few carrots, a couple of onions, and slices of veal; then mix a little broth and a small quantity of the jelly. The chicken must not boil above an hour.

Then take it off from the fire, and let it cool in the liquor, that the slices may stick together on account of the jelly, for were this neglected the *galantine* would break to pieces on being cut. If you send it up hot, you pour over it such sauce as you think proper, but it must be a brown sauce, or sorrel, or onions made brown in an *Espagnole:* however it is much bettter to serve a *galantine* cold with jelly: take some of the liquor, beat the white of two or three eggs, which you mix with the cold jelly after having skimmed off the grease, then again put the whole on the fire, and keep stirring till the

liquor be white; then let it thicken; take the jelly from off the fire, next lay it aside with a cover over it: when quite clear you strain it through a cloth and let it cool, to be used when wanted. Season it with salt and pepper before you put it on the fire, as above-mentioned.

### N° 46.—*Boudins of Chickens à la Ude.*

MAKE *boudins en quenelle*, like those *à la Richelieu*: dip them into crumbs of bread, and fry them to a light brown: make on the top an oblong square opening, empty the *boudins*, taking care to preserve however a coat thick enough to admit a *salpicon* of chickens, truffles, and mushrooms, cut into small dice and thrown into a well seasoned *béchamelle*; take six *filets mignons* as three are wanted for each *boudin*: give them the shape of the handle of a basket, after having larded them with bacon, or decorated them, what is called *en conti*. Then take a very large carrot, cut it of a size with your puddings, wrap it up in thin layers of bacon, put the *filets mignons* over the carrot, and dust a little salt over them: then put the whole in an oven; do not let it be too much done but of a light brown. When ready to send up your dinner pour the *salpicon* within the puddings with the sham basket handles at an equal dis-

tance over the puddings: mind the fillets are not to be thrust in too far, that they may really look like basket handles. This dish is intended for a grand dinner, when common dishes are not to make their appearance.

### N° 47.—*Grenade of Fillets of Chicken.*

You must have a mould ribbed like a melon; cut very thin layers of bacon; fill the mould with the said layers: then take fillets or slices of chicken larded with bacon, and others decorated with truffles. Have sweetbreads of lamb already done, one of which put between each rib, and the thickest part of the *filets mignons*. When you have thus arranged alternately one slice larded and another decorated with truffles, cover the whole of your fillets with a *farce fine*. (See *farce fine*.) Put a thick *salpicon* in the centre and cover it with the *farce* over, stick it with *farce* meat, then put the mould in *au bain marie* in order to poach the whole at a time; next turn the grenade on a dish *à entrées*, dry the larded slices by means of using the *salamander*, and glaze them. When the fillets or slices are of a light brown, you uncover the rest, glaze them slightly and serve them with an *Espagnole*.

## N.º 48.—*Turbans of Fillets of Chickens à la Sultane.*

Take the *filets mignons* of chicken, lard them with bacon; have ready a *farce à quenelles*, rather thick, which you keep to the ice, that it may acquire substance, and thereby be more easily worked; cut a large piece of bread, which you cover also with thin slices of bacon, pour the bread in the middle of your *entrée* dish, then lay the *farce à quenelles* all round, of the same height with the *filets mignons*; stick the fillets into the *farce à quenelles*; they are not to be stuck perpendicularly, but at equal distances: leave a separation between each fillet to make room for cock's-kidneys of an equal size. These are to be put in only when you are going to send up: cover your dish with an earthen pot, or a lid that closes hermetically. The turban is to be put into the oven, and when done glaze the fillets by means of the *salamander*. Practice small holes for the admission of the cock's-kidneys, which must be very white, and bear a resemblance to as many pearls. If you have nothing to cover the dish, use layers of bacon, but a plain cover is still preferable, as it yields no grease, and that the *quenelles* are better and more easily poached.

Take out the large aforesaid piece of bread; drain the grease by means of crumbs of bread; put in the centre of the dish, *à blanquettte* of chickens. (See *Blanquette.*) When in the season of truffles, you garnish alternately with a *perle* or kidney, and a ball made out of a truffle; next introduce *escalopes aux truffes* in the middle.

## CHAP. X.

## ENTRÉES OF PARTRIDGES,

### YOUNG AND OLD.

N° 1.—*A whole Partridge à l'Espagnole.*

It is necessary to observe, that except for *perdreaux aux choux*, or *perdreaux à la purée de lentilles*, young partridges are required: these in general have yellowish claws, yet it may happen that although they be still tender, the claws and legs may be of a grey or even of a bluish colour. Look at the extremity of the wing, if it be sharp pointed and whitish, the bird is still tender, but if the above marks are not to be seen, the bird is invariably old, and consequently unfit to be used, except as above-mentioned, or for sauces, *consommés*, and cold patties.

The size of the dish must determine the number of birds you are to dress; in general three

are wanted, you empty them as usual, and take care not to injure the skin: pick them well, mix a little butter, salt, and lemon-juice: put an equal proportion inside of each bird; cut off the nerve that is under the joint of the legs, truss the legs up towards the breast: you then sew up the birds in the following manner. You first prick the *aiguille à brider* (the needle) through the stump of the right wing, then through the thick joint of the leg, and next across the body; then again through the other stump; let the packthread be very tight, and fasten the knot. Now from the back run the needle through the side beneath the leg, then above the pinion below the breast, so as to perforate the breast bone: let the needle come out from the part parallel to that where first it was introduced, and then from through the side to the back, and fasten the packthread. Give a good shape to the birds; which constitutes a true knowledge of the art of cookery. A man cannot be really a thorough good cook unless he be well acquainted with every branch of the art. How to truss poultry or game is not to be easily explained in a book: you may as well try to have drawing learnt without a master, or patterns. Seasoning, and *marking* may be elucidated, but practice alone can make a man perfect. Such however

as have been initiated may derive great advantage from such a work as this. *Mark* the partridges between layers of bacon, the same as legs of fowl, and pour a *poële* over them: if you happen to have no *poële* ready, use some of the pot-top, with a little salt, parsley, and onions, well seasoned. They will be done in the course of twenty minutes, but let it be on a slow fire; drain and put them in the dish and pour an *Espagnole* over them, wherein you introduce a little *glace de perdreaux.* (See Sauces.)

N°. 2.—*Young Partridges à la Montmorenci.*

Take some young partridges which empty, and truss as in N°. 1, dip the breasts into boiling water; when made firm, dip them immediately into cold water: next lard them with thin slits of bacon; mark them in a stew-pan with slices of fat bacon all around only, pour a little *poële* or any other liquid to immerse about one half of the birds. Have a brisk fire over them to seize the bacon; when they have been stewed for twenty minutes, you glaze them, and probe them near the back; if no blood issues it is a sign that they are done enough. Drain them, glaze them a second time, and send them up with a *ragoût à la financière.*

N° 3.—*Young Partridges à la Barbarie.*

Truss the birds as in N° 1, instead of butter stuff them with chopped truffles and rasped bacon, seasoned with salt, pepper, and all-spice: then cut small pieces of truffles; in the shape of nails; with a penknife make holes in the breasts of the birds, widen the holes with a skewer and fill them with the truffles, let them be nailed in very regular. Then *mark* them as in N° 1. They are to be stewed also in the same manner. Serve them with an *Italienne aux truffes.* (See Sauces.)

*N.B.* Take care to drain them well, otherwise the grease would spoil both the taste and look of the sauce.

N° 4.—*Young Partridges à la Dreux.*

This is nearly the same as the foregoing dish, only instead of using truffles you lard with small pieces of ham: use the pen-knife, as larding pins would spoil the look of the birds, &c. that are served entire. *Mark* and stew as above and serve up with the *essence de gibier.* (See Sauces.)

N° 5.—*Young Partridges à la Crapandine.*

Cut off the claws after having emptied and picked the birds; make a hole below the joint

of the leg; truss the leg inside of the body; singe the birds till the flesh gets firm; pinch the breast with your left hand, scollop the breasts without quite reaching the skin, turn the flesh over on the table, beat the bird flat, dust it with a little salt and pepper; then dip it twice into melted butter and crumbs of bread, then broil it, and send it up with an *Italienne*.

### N° 6.—*Young Partridges à la Givry.*

In this case you add a *decoration* to the birds, in the following manner, truss and stew them as in N° 1. At dinner time take rings of white onions, let them be stewed white in a little *consommé*, then take a cutter of the same size as the inside of the rings of the onions, cut round pieces of truffles that have been braized with the birds; mind the truffles must be of a very black colour: (the *parures* are to be chopped and mixed with the *Italienne:*) the round pieces of truffles are to be put over the breasts of the birds, three on each side, and the rings of onions round the truffles, and one over the pouch. If the truffles do not stick well use a little *glace* to make them stick, as they are liable to fall off. Do not *mask* with the sauce, which must be poured into the bottom of the dish; the sauce must be an *Italienne au truffe*, mix with a little *glace* of game.

N° 7.—*Compotte of young Partridges à blanc.*

Take four young partridges, cut off the claws, and truss them *en poule*, by which is meant with the legs inwards; next singe them. Then take a few pieces of bacon from the breast, which cut into small corks, and boil in water for half an hour. You next fry them white, and take them off from the fire as soon as they are made firm. Now fry your partridges, white also, in butter and the fat of your bacon. When they are quite firm, take them out of the stew-pan. You then throw a spoonful of flour into the butter, and fry your flour white. Next pour in a little broth till the sauce be thin enough to be skimmed, (for it is to be observed that if a sauce be too thick it can never be skimmed) then put in some *parures* of mushrooms, a bunch of parsley and green onions, and season with a little thyme, bay-leaves, a clove, a little salt and a small lump of sugar. Stew the birds in this sauce, the same as a *fricassée* of chickens; if onions be agreeable put a few small ones to give a relish. When the *compotte* is done, skim all the grease, drain the partridges in a clean stew-pan; drain all the bacon, which you throw into the stew-pan with the partridges; reduce the sauce after it has been skimmed; drain it through a tammy over the birds, put

the stew-pan *au bain marie:* now take some small white onions of an equal size, which have been boiling in a little *consommé* with a lump of sugar; you likewise have some mushrooms, fried white in butter; when the onions and mushrooms are ready, set the *compotte* boiling; thicken the sauce with the yolks of four eggs beat with a little cream and lemon-juice; next put in small onions, mushrooms, and bacon, likewise some *quenelles* if you think proper, and garnish your *entrée.* If the dish be a large size put a *crouton en crête,* glazed between each bird, and send up with a good seasoning.

N° 8.—*Compotte of young Partridges à brun.*

Do exactly the same thing as in N° 7, instead of moistening with *consommé,* use *blond de veau.* (See Sauces.) Sweat the onions in a little butter till they be of a fine brown, then let them boil in a little *blond de veau,* they may be of an equal size, give them a good colour. Add truffles and mushrooms, in case you have any.

N° 9.—*Partridges aux Choux dressés.*

Take a couple of old partridges, empty and truss them *en poule,* the legs inward; simmer them on the fire till they get firm. Blanch eight cabbages, that you have cut by halves;

when the cabbages are blanched, put them into cold water to cool, cut off the tops of the middle, squeeze them so as to leave no water; you have also blanched about a pound and a half of breast of bacon with the cabbage; put this bacon into a small braizing-pan and the birds close to the bacon. Next put in the cabbage, a few carrots *tournées*, two or three onions, a bunch of parsley seasoned with salt and a small quantity of all-spice, bay-leaves, and thyme; cover the whole with a few layers of bacon, then with a sheet of buttered paper; then moisten with a braize, if you have any, if not, take some of the pot-top, but in the latter case you must season a little more. Set the contents of the braizing-pan boiling, and this being accomplished, put it over a slow fire for three hours and a half. Now take out the layers of bacon, the onions, and the carrots. Place a large sieve over a dish of the same magnitude, turn the birds into the sieve, take a clean towel, mould the cabbage into a large roller, squeeze them so as to have no grease left, then take a plain mould, garnish them with very thin layers of bacon, make a kind of flower, in the middle of the mould, with the carrots, put a border of small glazed onions all round the top; next take some of the cabbage with a ladle, with

which fill the mould. At the same time let the birds be covered all over with the cabbage equally on all sides. Make a *rosasse* of carrots on each face of the mould, which fill to the brim. Then put it in the oven, At dinner time turn the mould into a dish, let the birds, &c. lay for a moment, drain all the broth, and send up with a nice *Espagnole.*

## N° 10.—*Sauté of Fillets of young Partridges au fumet.*

Take four young partridges, rather stale, that they may have more flavour, flay them, take up the fillets, detach the *filets mignons* from the upper fillets, cut out the nerve of the *filets mignons,* and flatten the fillets with the handle of your knife dipped in cold water, the blade whereof is to be dipped in the same, pass it gently over the fillets leaning heavy on the table, in order to take off the second skin of the fillets only: trim the fillets nicely, *mark* them with clarified butter in a *sauté* pan; lay the *filets mignons* over the others, dust a little salt, and cover the whole with a round piece of paper till dinner time, then you *sautez* the fillets over a a very brisk and equal fire. With the remnants of the birds, *mark* a few thin slices of veal and ham in a small stew-pan, lay the aforesaid

remnants of the birds over the veal, moisten the whole with a few spoonful of *consommé*. Let the whole sweat on a slow fire, and when your meat is sweated thoroughly, moisten with boiling *consommé*, to which add a few mushrooms, if you have any, together with a bunch of parsley and green onions. Let the whole stew for an hour and a half; drain your *fumet* through a silk sieve, and reduce it to glaze, to use it when required. When the fillets have been *sautés verd cuits*, drain the butter; then take four or five spoonfuls of *velouté*, some of the above *glace de gibier*, and keep stirring without allowing them to boil. Now taste whether they are seasoned enough: pour a little thick cream to whiten the sauce and make it more mellow: have as many slices of bread cut in the shape of your fillets, fried in butter, as you have large fillets, glaze the fried bread lightly, then dish the *sauté* in the following manner: a *crouton* and next a large fillet with the thick end upwards, then a *filet mignon* with the point upwards, then again a *crouton*, &c. &c. as above. *Mask* the fillets only, not the *croutons*, and send up to table.

N° 11.—*Cutlets of young Partridges en Epigramme aux Truffes.*

Take five young partridges, flay them as above, take off first the fillets, next the *filets mignons*; tear the second skin off from the fillets, point the smallest bone of the pinion, and stick it into the point of the fillet. Then season with salt and pepper; rub the fillets over with a brush that has been dipped into the yolk of an egg; then into crumbs of bread, next into melted butter; and into crumbs of bread again; just before dinner time you broil them. *Sautez* the *filets mignons*, of which you make a *blanquette*, wherein you mix some *glace de gibier*. Put the *blanquette* in the middle of the dish, and the broiled fillets all round. *Mask* the fillets with some *blond de veau* made pretty rich, and some *glace de gibier*.

N° 12.—*Sauté of Fillets of young Partridges à la Sefton.*

Take five young partridges, as tender as possible, and of an equal size, flay them, take up the fillets, and tear off the second skin. Next slit the fillets at three equal distances: have ready some truffles that are chamfered and cut out in the shape of a cork; these you flatten on one side in order that when you slice the truffles,

they may appear somewhat more than semi-circular; take about eight of these slices of truffles, lay them equally over one another and introduce some into each of the slits you have made, and next into the other two parts: take care not to make the slits too deep, do the same with regard to every one of the ten fillets. The *filets mignons* are only to be *marked* in clarified butter; do not forget pulling off the nerve, to prevent the fillets taking a bad shape whilst *sautering*. *Mark* the fillets in a *sauté* pan with butter and round slices of truffles of an equal size, and *sautez* the fillets when dinner time is at hand. With regard to the sauce (see Sauces *à la lucullus*); next drain the butter, put the round truffles in one half on the sauce, and keep the other half to lay over the fillets. Make a kind of a coronet with the large fillets, and dish the *filets mignons* in the middle, standing nearly upright, by which is meant that you are to lean upon each intermediate one. This *entrée* has a fine appearance when dished properly.

### N° 13.—*Croquettes of young Partridges.*

The same process as in N° 29. (*Croquettes* of Chickens.) Only add a little *glace de gibier* to the *béchamelle*. Let the *croquettes* cool, and

dip them into yolks of egg and crumbs of bread as in N° 29, aforesaid.

N° 14.—*Soufflé of young Partridges.*

Take the flesh of roasted partridges, which chop and pound in a mortar, with a few spoonfuls of *velouté,* and a lump of butter: season the whole well. Mix with your *purée* the yolks of four or five eggs, and strain the whole through a sieve. Then put it in a bason. Beat well the whites of six eggs, which you mix lightly with the *purée.* Now let the whole be put in a *plat à soufflé,* and baked in the oven for twenty minutes, take care it does not burn at the top, which may be prevented by covering it with paper.

N° 15.—*Purée de Gibier à l'Espagnole.*

This is an *entrée of desserte.* Take the fleshy parts of young partridges that have been in a *salmi,* chop and pound them well. Warm the sauce in which some fried bread is left simmering. Then throw the pounded meat into the sauce. Strain the whole through a tammy. You need not put any seasoning, if the *salmi* was sufficiently seasoned. If you were asked for *purée de gibier,* you then would make a sauce *à salmi,* and put drained pounded meat of young par-

tridges into the sauce. This *purée* is to be sent up in a deep bottom dish, cover the *purée* with poached eggs.

This *entrée* is likewise very acceptable in a *casserole au ris*, a *vol au vent*, in *croustades*, &c.

## N°. 16.— *Salmi of young Partridges à l'Espagnole.*

Take five young partridges rather stale, roast them *verd cuit*, but let them be covered with paper for fear they should get brown whilst roasting, which would spoil the look and taste of the *salmi*, which must be kept under done as far as possible. Then cut your birds as for eating, by which is meant the wings, legs, and breast; flay them entirely so as to leave not a particle of skin; *mark* those limbs in a clean stew-pan; cover it and let the whole cool till the sauce be ready. Take four or five shalots, some slips of ham, a carrot cut into dice, three or four mushrooms, a little parsley-root, a bay-leaf, a little thyme, two cloves, eight grains of corn pepper, and as many grains of all-spice, fry all these ingredients in a stew-pan with a little butter, and when fried lightly, moisten with three glasses of Madeira wine, six spoonfuls of *Espagnole*, and two spoonfuls of *consommé*; then put all these *parures* of the birds,

namely the loins and skin all except only the claws that would give a bad taste. You let the above stew for an hour and a half on the corner of the stove, skim off the grease, put in a small lump of sugar to counteract the bitter taste of the lungs, drain the sauce through a tammy over the limbs, and put the *salmi au bain marie*, and send up with fried slices of bread cut into the shape of a kite, or of bellows. If per chance you are short of *Espagnole*, make a little *roux*, and moisten with some *blond de veau*, &c.

### N°. 17.—*Young Partridges à la Monglas.*

This is also an *entrée de desserte*. Take three roasted or stewed birds; open them in the middle, make a square aperture, keep the legs wide open by means of a skewer, that you may be enabled to introduce a *salpicon* inside of the breasts of the birds. The *salpicon* is to be made in the following manner. Cut into very small dice the flesh that you have taken up; cut likewise small dice of tongue and of mushrooms; in case you should have any truffles by you, a few may be added. Reduce a little *velouté* with which you mix some *glace de gibier*. Put the dice of meat in the *velouté*, season well, and stuff your birds with the *salpicon*. Lay crumbs of bread, the yolks of eggs, and basted with

butter over the top, and use the salamander to give a colouring to your birds. You next keep the whole hot in an oven, and send up with an *Espagnole de gibier*. (See Sauces.)

N°. 18.—*Young Partridges en surprise.*

Do as above, but instead of a *salpicon* make an *émincé* of fillets of partridges, with which stuff the birds. Dip them into eggs and crumbs of bread as above, and fried of a nice colour and send up with a *suprême de gibier*. (See Sauces.)

N°. 19.—*Quenelles of young Partridges au fumet.*

Make the *quenelles* as indicated in its proper place, but these are to be made of the meat of young partridges. You may send them up in different ways, *au clair, à l'essence,* &c. &c. (See Sauces.)

N°. 20.—*Boudins of young Partridges.*

Make *boudins de quenelles* of young partridges; butter the bottom of a stew-pan, lay your *boudins* over the butter and pour some boiling water over them, with a little salt. When poach, drain them, you then lay them to cool: when cold you dip them into an *omelette* and crumbs of bread: next you fry them. Drain them

well, till no particle of dripping be left, and send up with an *Italienne blanche* under them. If you should wish to send them up broiled, you must use yolks of eggs, next crumbs of bread, then butter and crumbs again before you broil them.

## CHAP. XI.

## RABBITS.

N° 1.—*Fillets of young Rabbits à la Orlie.*

It is to be observed that warren rabbits alone ought to be sent up to a good table, tame rabbits in general having no savour.

Take four rabbits; detach the fillets, and *filets mignons*: cut the large fillets of an equal size: marinate them in lemon-juice, a little parsley, a shalot cut into slices, a little thyme, a bay-leaf, salt, pepper, &c. &c. for two hours. Drain them, dip them into the white of an egg that has been well beaten, and then into some flour mixed with crumbs of bread. Fry them till it be of a fine brown, and serve under them a *poivrade*, or an *Espagnole de gibier*, observe particularly those fillets must be green done.

N° 2.—*Turban of Fillets of Rabbits à la Sultane.*

Take the fillets of four rabbits, which produces eight fillets, likewise the *filets mignons*

and kidneys; lard the eight fillets with very small slips of bacon all of an equal size. Have a *farce à quenelles* ready made out of the legs of the rabbits. It would be requisite to have a kind of a *coupe pâte* very high, or sweetmeat pot to be put in the middle of the dish, in order to raise the turban all around it; in this case the grease might be more easily drained, which is always in great abundance if you place not a mould in the centre of the dish. Take a large piece of stale bread, cover it with a thin layer of bacon, lay it in the middle of the dish, and dress the *farce à quenelles* equally round on it: then with the handle of a wooden spoon *mark* eight ribs, leaving an interval between each not straight but rather sloping; put the fillets of rabbits inside each of those ribs; and after having skinned the kidneys put them into four of the intervals two by two, in the other four you put fillets of truffles.

Mind to turn the pointed extremity of the fillets inside of the turban, otherwise they would not stick. Cover the whole with layers of bacon. If you have an earthen-pan that may cover the whole hermetically, lay it over without using the layers of bacon. The steam alone will prevent the fillets from getting dry. When the *turban* has been kept in the oven long enough to be well

baked, you glaze the fillets of a light brown, take the lump of bread out from the middle of the dish, and wipe off all the grease. When going to send up put an *emincé* of rabbits in the middle of the dish, and sauce the outside with a very good *fumé* of rabbit.

### N° 3.—*Emincé of Rabbits au fumet.*

This is an *entrée de desserte.* Take the fillets of roasted rabbits, *parez* the nerves, then make an *émincé* but keep your knife sideways in a slope, that the thin slices may curl like shavings; put the *émincé* in a reduced *velouté* mixed with some *glace de gibier*: do not forget pouring into the *émincé* a little thick cream to give it a white colour and make it more mellow. You may put the *émincé* either in a *bordures*, a *vol au vent*, a *casserolle au ris*, a *turban*, a *grenade*, a *gratin*, *petty patties*, *petites casserollettes au ris*, &c. &c.

### N° 4.—*Escalopes of Rabbits aux Truffles, likewise à la Conti.*

Take five rabbits; detach the fillets, tear off the nerves, then scollop the fillets keeping your knife in a slope; flatten with the handle of the knife; put the *escalope* in a *sauté* pan with some clarified butter: have some truffles peeled and

cut into slices of the same size as the scollops ready, mix them with the rabbits into some butter, salt, and pepper. *Sautez* the whole a little just before dinner time, drain the butter and put the scollop in the sauce, in order that the truffles may give a relish to the sauce, likewise to the meat. Garnish the edges of the dish with a *conti.* (See *Conti.*)

### N° 5.—*Blanquette of Rabbits aux Pois.*

Take four rabbits, detach the fillets, *sautez* them entire in clarified butter with a little salt and pepper; next cut them on a sheet of paper, of the size of a shilling, and put them into the sauce *à blanquette aux pois.* (See Sauces.) This *entrée* is sent up in a *vol au vent,* a *casserole au ris,* &c.

### N° 6.—*Escalopes of Rabbits au fumet.*

Take five rabbits, detach the fillets, *sautez* them in clarified butter. When done cut them as for a *blanquette,* and put them into a sauce made as follows. With the remnants of the rabbits you make a *consommé*; put a large slice of Westmoreland ham in a small stew-pan, with some pieces of veal and the bones, &c. put the rabbits over them; then moisten with two spoonfuls of rich broth. Let the meat sweat thoroughly, till, when you thrust your knife into it,

neither scum nor juice will issue. You then fill the stew-pan with boiling broth, well seasoned with a bunch of parsley, green onions, thyme, bay-leaves, and a few mushrooms. When the *consommé* is done enough, put a small lump of butter into the stew-pan on the fire, and as soon as the butter is melted, throw in a spoonful of flour; let the flour fry a little in the butter, without however getting brown. Next moisten with the *consommé.* Then throw in a bunch of parsley and green onions and few mushrooms. Let this sauce boil gently on the corner of the stove for an hour. Skim the grease off carefully, then reduce the sauce, and thicken it with the yolks of three eggs well beaten with some cream. Drain this sauce through a tammy over the *escalopes,* and send up quite hot. This *entrée* may be served either with or without *contis,* in a *casserole au ris,* a *vol au vent,* a *bord de filet,* &c. &c.

### N° 7.—*Sauté of Rabbits à la Conti.*

See N° 6. Only keep two fillets which you divide, into four pieces, cross ways. Flatten them a little with the handle of your knife; lard them with thin slips of bacon. Then butter a *sauté* pan. Give the above pieces whatever shape you may think proper, powder a little

salt over them, and bake them. Do not let them be too long in the oven; glaze them nicely, and dish them round the *escalopes.*

### N° 8.—*Young Rabbits en friteau.*

Take several very young rabbits; skin them and cut them in four according to the size; let them be marinated as in N° 1 of this chapter. Drain them, and dip them into flour; then fry them till of a light brown. Serve up with a *poivrade,* or a sauce *aux tomates.* (See Sauces.)

### N° 9.—*Rabbits à la Vénitienne.*

Take three young rabbits; skin and empty them nicely, then cut them into pieces in the following manner. Take up the shoulders, then the head from the neck down to the loins; those divide into four parts; take off the legs on each side of the saddle, and those cut into two pieces. Have ready half a pottle of mushrooms chopped very fine, with parsley and shalots the same. Put a small lump of butter into a stew-pan with a little rasped bacon: put the sweet herbs on the fire with a little salt, pepper, and all-spice; let them stew for a short time on a slow fire. When sufficiently fried you put in the rabbits to make them get firm, with these sweet herbs, till the former be sufficiently done. Take the limbs out

from the seasoning, lean the stew-pan sideways to skim the grease that comes uppermost, make a thickening of the yolks of four eggs; with the juice of a lemon and a little Cayenne pepper; stir the sauce well: if it happened to be too thick, make it thinner with a spoonful of broth: keep it quite hot, throw the members into the sauce again, and send up quite hot. This sauce must be rather high seasoned.

### N° 10.—*Rabbits en caisses.*

Make cases of paper either square or round; dip the rabbits as above into sweet herbs; when nearly done put them into the paper cases and the sweet herbs over them, with the rasped crust of a two-penny French loaf, to absorb the fat, or grease. Then put the paper cases into an oven. Before you send up squeeze a little lemon-juice, and pour in a few spoonfuls of *Espagnole.*

### N° 11.—*Giblottes of Rabbits.*

Take two rabbits: it matters very little whether they be young or not, to make a *giblotte.* Skin them, and cut them into pieces as above. Have ready some pieces of breast of bacon cut into the shape of small corks, which are blanched in order that they may no longer be briny.

Next fry them in the stew-pan with a little butter, to give them a light brown colour. Take the bacon out from the stew-pan wherein put the members of the rabbits; when made firm you take them out also; throw a good handful of flour with the butter in the stew-pan, let it get a little brown; next moisten with some *blond de veau*. Let the sauce boil a little to see whether it be not too thick: if so, you will never be able to skim the grease off, and accordingly it will never be of a good colour. When sufficiently stewed you put in the members, bacon, bunch of parsley and green onions, thyme, bay-leaf, clove, &c. &c.; and when the sauce has boiled for an hour you put the members into another clean stew-pan, and drain the sauce through a tammy, you then take some mushrooms *tournées*, and some small onions which fry white in butter, let them boil for a quarter of an hour in the sauce. When you are going to send up dish first the members, next the small white onions, the bacon and the mushrooms. Skim the fat off and scum, otherwise there can be no good cookery.

N° 12.—*Giblottes of Rabbits au blanc.*

Do as above, but after having moistened with *consommé* and having *singé* with flour (by which

is meant to dust flour equally on all sides) you let the whole stew for about an hour. Next take off all the scum and grease: shift the members into another clean stew-pan; reduce the sauce, drain it through a tammy over the members, lay the *giblotte* on the fire, and when it boils, thicken it with the yolks of four eggs, and the juice of a lemon. This sauce although white must be high seasoned. Note, if you want to make your *giblotte* whiter, you disgorge the rabbit and blanch them.

N° 13.—*Fillets of young Rabbits en lorgnettes.*

Take the fillets of four young rabbits that have been flayed; lard them with thin bits of bacon; when thus larded make an opening on the thickest part by thrusting your knife nearly to the very extremity. Then run the knife in, but no farther than the middle; and so on with the rest. Put a little butter in a *sauté* pan; thrust your finger into the opening you have made; give those parts the shape of a *lorgnette*, put them for a moment in an oven that they may take a good form. When made firm, *mark* them in a stew-pan, over a bed of minced roots and vegetables, covered with bacon, seasoned with salt, pepper, thyme, bay-leaves, &c. &c. moisten with two spoonfuls of *consommé*. Let the whole

stew for a quarter of an hour, or twenty minutes, drain the fillets, reduce the liquor, to which add a little glaze of a light colour, and send up with *endives au velouté*, or a *soubise*. (See Sauces.) Dish *en miroton*, and pour the sauce in the middle. Mind the sauce be not too liquid.

### N° 14.—*Pâté chaud of Rabbits.*

Take on or two rabbits, according to the size you wish to make the *pâté* of. Skin and empty them; then detach the legs and shoulders; which you cut by halves: from the head to the tail cut out four pieces of an equal size: then chop a shalot, a little parsley, and a few mushrooms and stew them: next put the members in the butter with the sweet herbs, till the flesh is quite firm, then season with salt, pepper, and spices. In the course of a few minutes, drain the butter. Then make a paste (see Pastry) and put the limbs into the oven. When the crust is baked enough, make a round opening, lift up this kind of cover, and just as you are going to send up, pour into the pye a *ragoût à la financière*. (See Sauces.) Be careful to drain the grease that might have remained.

*N. B.*—The above is the true manner of making a *pâté chaud*. Several people will make a

*croute de pâté,* which is commonly called *croustade;* and after having emptied it, introduce a kind of *giblotte.* The former method however is preferable.

### N° 15.—*Quenelles of Rabbits.*

This *farce* is made like the generality of *quenelles:* the only difference is that you take the flesh of rabbits instead of any other meat. The legs in general are used for making the *quenelles*; the fillets will supply you with another *entrée*; so will the legs occasionally. The bones and the *parures* are used to make the *consommé.*

### N° 16.—*Gratin of Rabbits.*

This is an *entrée de desserte;* take a couple of roasted rabbits; lift up the whole fleshy parts; then *parez* those that have nerves about them; mince the meat very fine, and put this *émincé* into a *velouté* reduced: take a little of the liquor which *gratinez* (by *gratiné* is meant to stick at the bottom in a silver dish without burning). When the preparation is cold, stick a border of soft bread all round the inside of the dish, and put your *émincé* in the middle: level it well with a knife: then powder crumbs of bread over it, which baste with melted but-

ter; and then with crumbs a second time: and baste with butter again. Then make it brown all over with a salamander, because if you were to put the dish in an oven hot enough to give it a colouring, the *gratin* then would burn. Keep it hot, and send it up either with slices of bread fried in butter all round the dish, cut in the shape of corks, or with flowrets made of paste.

### N° 17.—*Soufflé of Rabbits.*

This is also an *entrée de desserte*. Take off the flesh of roasted rabbits, chop it very fine, and pound it: pour into it a few spoonfuls of *velouté*, season it well. Break half a dozen of eggs, the whites on one side, the yolks on the other, throw the beaten yolks into the *purée*, which put on the fire a little to stew the eggs, but take your stew-pan off from the fire as soon as you perceive the eggs are done; then mix a lump of fresh butter, work the whole well. Then beat the six whites well, and pour them likewise into the preparation aforesaid, which you put in a *soufflé* dish and then into the oven ten or twelve minutes before you send up. In case you should not have a dish *à soufflé*, you must serve with a *croustade* or pye crust.

N° 18.—*Croquettes of Rabbits.*

Cut the meat of young roasted rabbits into dice, which throw into a *velouté* reduced, to which add a little *glace de gibier*. Let this cool, then roll it into whatever shape you like, either into balls, or in the shape of a cork, or of a pear; but, in my opinion those that are the less handled are the best. Send up as other *croquettes*, garnished with fried parsley in the centre.

N° 19.—*Boudins of Rabbits à la Reine.*

Prepare in the same manner as the *croquettes*: roll the meat into large *boudins*; dip them into eggs and crumbs of bread, and fry them. Serve under them a *velouté* with a little *glace de gibier*.

N° 20.—*Boudins of Rabbits à la Richelieu.*

Take some *quenelles* of rabbits, otherwise a *farce*, with which you mix some white onions cut into dice and let them sweat white. Put the onions in a hair sieve to drain the butter, then mix them with the *farce*; let it cool, next roll it into two *boudins* of the same length as your dish. Poach them in water with a little salt, when done, drain them on a clean cloth, and let them cool. Then dip them into an *omelette* and crumbs, and fry them till they be

a light brown. Send up with an *Italienne* under.

### N° 21.—*Legs of Rabbits en Papillotte.*

Bone the legs of the rabbits. Have ready some sweet herbs with a little rasped bacon, salt, pepper, spices, &c. Stew the legs into those herbs till they be hot through. Let them cool. When cold cut slips of paper of the size of those legs, or even a little larger. Then take small layers of bacon, lay one on the paper, and the leg over the bacon, then a little seasoning, and another layer of bacon; wrap the whole in the paper, which is to be plaited equally all round. Then broil them over a slow fire, and send up hot, without any sauce.

### N° 22.—*Rissoles of Rabbits.*

Take the remnants of roasted rabbits, with which make a *farce fine.* (See *farce fine.*) Spread on the table some *feuilletage*, but do not let it be too rich; cover it, at equal distances, with little lumps of *farce*; moisten the past all round, then fold it in two; lean upon it all round with your fingers, that the paste may stick; then with a rowel cut it and let it fry till it be of a fine brown. You may occasionally powder them over with crumbs of bread, when

they look of a better colour, but they have not so good a taste. You must always send them up with fried parsley in the middle of the dish.

N° 23.—*Boudins of Rabbits à la Lucullus.*

Make *boudins* of rabbits with *quenelles* of the same length as the dish; poach them in milk, butter, and a little salt. When done enough drain them on a clean towel. Cut one side flat till they dish well; have a little *velouté* reduced and pretty thick, which whiten with a little thick cream. *Mask* the *boudins* with this sauce, but do not use more than is requisite for *masking* the *boudins*, since in the middle you are to serve a *ragoût à l'Allemande*, which is the same thing as a *Toulouse*. You must have six fillets larded equally. Take a very large carrot, cover it with thin layers of bacon, and lay the fillets over the carrot with a little salt: let them stand a moment in the oven till they be firm: you then glaze and dry them with the salamander: now glaze them a second time: then lay one fillet at each extremity of the *boudin*, and one fillet in the middle. Mind to keep this *entrée* well covered, for if not, it would not be of a fine colour, and the *velouté* would dry up.

N°. 24.—*Fillets of Rabbits à la Maréchale.*

Take the fillets of four young rabbits; divide each of them into two pieces, in order that they be not too long; flatten them with the back of your knife that they may be sooner done; let them be of an equal size; season them with salt and pepper; break the yolks of two eggs in a plate; then brush the fillets over with those yolks of eggs, and dip them into crumbs of bread, next into melted butter, and then again crumbs of bread, so that they lay very even. Press the fillets between both your hands, in order to melt the butter, and that the crumbs may stick in greater quantity. Broil them on a brisk fire, always observing that the thinner and the more tender the objects, the more brisk must the fire be; for if it were not so, the fillets would get over done, without being of a nice brown. Dish them *en miroton*, and *mask* them with a brown *Italienne* mixed with a small quantity of *glace de gibier*.

N°. 25.—*Fillets of Rabbits à la Pompadour.*

Take the fillets of four young rabbits; cut each fillet into two lengthways and as long as possible. Make a *sauce d'attelet* (see *sauce d'attelet*) put the fillets into the seasoning after having dusted them over with salt and pepper.

Let this preparation cool, without however getting quite cold; yet sufficiently so as to enable you to lay some round the fillets. Now dip the fillets once into crumbs of bread: then break three eggs in an earthen-pan with a little salt, beat them, throw in the fillets, next dip them lightly a second time into crumbs of bread, and fry them of a nice colour. Dish them in the shape of a pile, which could not be done if they were not kept crisp. Send up with the *sauce à la pompadour* in the middle.

N° 26.—*Attercaux of Rabbits à l'Italienne.*

Take the fillets of four young rabbits; cut them into pieces of one inch square, let them be made firm mixed with sweet herbs; when nearly done, drain and season them with a little salt and pepper; take the sweet herbs with which they have been stewed, and make a *sauce d'attelet,* into which throw the square pieces you have prepared; then let them get quite cold, next take silver skewers, have a few pieces of calf's udder of the same breadth as the pieces of rabbits but not so thick, run a skewer first through one of the latter pieces, dipped into the sauce, next through a piece of the udder and so on; observing however to have a piece of rabbit at each extremity. Do not stuff the *attelet* too

full, for some of it must project at each end. Put plenty of the sauce, and give a square shape to the aforesaid preparation; then dip it into crumbs of bread; next when of a good shape into an *omelette* well seasoned: and into crumbs of bread a second time, fry it till of a fine colour, and send up with a brown *Italienne* mixed with a little *glace* of rabbit.

There are numbers of *entrées* of rabbits which I refrain mentioning in this present edition. The *bressole, pains* of rabbits, *profitrolles,* &c. &c. which are quite out of fashion shall be left out; for fashion prevails every where. A veteran cook may still make good dishes, but they will not catch the eye, as the phrase goes. In the common way many *entrées* may be made with the legs of rabbits, but as many dishes of game are not to be sent up at a time, provided you have fillets, it is better to use the legs for *farces,* or petty patties, or *croquettes.*

## CHAP. XII.

## HARES AND LEVERETS.

It is prpper to observe, that the hares are fit to be sent up to a nobleman's table, when they still shew their age. To be made acquainted whether they be hold or young, feel the first joint of the fore claw: if you find a small *nodus*, the animal is still young: should this *nodus* have disappeared, turn the claw sideways, and if the joint crack, this is a sign of its being still tender; if not it is only fit to be made *en daube*, or *en civet*: but if very tough a *daube* is preferable; yet it is a very insignificant dish, the more so as requiring high seasoning, it is too nourishing to be sent up to a nobleman's table, or that of any real *epicure*.

### N° 1.—*Hare en Daube.*

After having skinned, emptied and washed off the blood of a hare, you divide it through the

middle. Have ready layers of bacon well seasoned with chopped parsley, spices, salt and pepper. Lard the hare as thick as possible; put slices of bacon in the bottom of a stew-pan, cover them with slices of hare, tie up a large bundle of parsley, seasoned with thyme, bay-leaves, sweet *bazil*, a clove and common spices, a few carrots, four large white onions, two calf's feet, and a few pieces of breast of bacon; season the whole with salt, pepper, &c. and a few roots of parsley. Moisten with a couple of spoonfuls of rich broth, a pint of white wine; cover the whole with a round of buttered paper, to prevent the hare getting dry; now cover it hermetically, and let it stew for three hours as gently as possible: then take it off from the fire; drain the hare; skim the liquor, drain it through a silk sieve, and let it cool, that it may be eaten cold; although you may serve it hot, with a garnish all round. In this latter case you make a *roux* with a little flour and butter; when of a very light colour, moisten it with the liquor in which the hare has been stewed, and let it boil enough for the flour to be done, and then send up, plain as it is.

*N. B.*—If you wish the jelly should look bright, break a couple of eggs into the jelly whilst not hot; beat it over the fire till it begins

boiling, then lay it aside with a cover and a little fire over it ; when limpid drain it through a cloth, and let it cool, to be used occasionally.

### N° 2.—*Civet of Hare, served as Terrine.*

Skin and empty the hare, but take care not to waste the blood. First cut off the two legs, next divide them into two or three pieces ; cut likewise the body into equal pieces ; be particular in preserving the blood in a vessel, to be used as follows. Take half a pound of breast of pork, otherwise called *petit lard*, cut it into small square pieces about an inch thick, blanch these in water, then put them into the stew-pan, with a small lump of butter ; let them fry till they be of a fine brown ; take out the bacon, and put the pieces of hare into the stew-pan, (of all things pull out the eyes) stew them in the butter till firm ; then take them out and make a *roux*, which is not to be kept too long on the fire. Moisten with about a quart of broth and a pint of red wine ; put in the pieces of hare, the bacon, a bunch of parsley, &c. with pepper, salt, and spices, and a few white onions, to give a relish, together with some *parures* of mushrooms. Let the whole boil for an hour and try whether the pieces of hare be done. Skim the grease off from the sauce ; then put the mem-

bers in a clean stew-pan, one after another, likewise the bacon and nothing else. You must have ready some white onions fried in butter, till they be of a light brown; those you stew in a little *consommé*, or *blond de veau*. Have likewise some mushrooms stewed in butter. Let the sauce boil gently, yet it must get thick. Now the blood and liver, that have been left in a vessel are to be poured into the sauce as thickening. You must not let the sauce boil, otherwise the blood would in some measure curdle, neither would the sauce be of the same dark brown colour. *Civet* must appear as black as possible: then put in the onions and mushrooms, and send up high seasoned.

### N° 3.—*Fillets of Hare, au Sang.*

When a hare has been skinned, thrust your knife all along the spine, taking care ever to lean towards the bone. Detach with your fingers, the fillet down from the neck to the legs; leave the thick fleshy part after the leg; then introduce your knife, the sharp side towards the tender part of the fillet and your thumb towards the skin; press with your thumb on the sharp side of the blade of the knife, in order that it may not cut the part affected with the nerves. You then pull towards you the fillet, and the

nerve remains attached to the leg. This operation being performed, you scollop the fillets, that is to say, you lay the fillets on the table, and flatten them with the back of your knife, then slope your knife, cut off slices nearly flat; *mark* them in a *sauté* pan with clarified butter, and dust a little salt and pepper over them. At dinner time *sautez* the *escalopes*, drain the butter, and put the fillets into a *sauce de civet*, which you have made with the remnants, as it will require at least a couple of hares to make *escalopes au sang*. Mind to preserve the blood of both, in order that the sauce may be black, or of a dark brown. The members may serve for a *terrine;* but are not worth eating for the parlour, but are good for the servants.

### N° 4.—*Fillets of Hare en Chevreuil.*

Take the fillets of three or four hares, according to the size of your dish, detach the fillets, and lard them with bacon cut very equal; then put them into a deep vessel: with salt and pepper, a little parsley, two onions cut into slices, a bay-leaf, a little thyme, a glass of vinegar and half a glass of water. Let these be *marinated* for a couple of days; you then drain the fillets and *mark* them in a *sauté* pan with a little butter: bake them next *verd cuits:* glaze them

with *glace clair*, they being always black enough. Send them up with a *poivrade* under it.

### N° 5.—*Pain of Hares, boudins of Hares, roasted Hares.*

I SHALL only observe that *boudins*, *quenelles*, *émincés*, &c. may be made of hares, although in England it is most customary to serve them roasted. They nevertheless are very good when made into pieces. Roasted hares ought always to be tender. In England after being skinned, they are not shewn to the fire a little, as in France, to be made firm. They make a *farce* in the following manner. They take a good handful of crumb of bread, with the same quantity of beef-suet well chopped, a little chopped parsley, a little thyme, salt, pepper, two eggs, a little butter, and a little milk. They mix these up in an oval shape, with which they stuff the belly of the hare, and sew up the belly. They stick the fore legs under the belly, and double the hind legs under the belly also, then skewer them well; the head stands erect as if the hare was running, and they flay the ears. If it be an old hare it will require an hour doing, if young three-quarters of an hour will do. Serve it up with gravy, and some currant-jelly in a sauce-boat. Some people like a *poivrade* under it.

*Entrées of red legged Partridges, or Bartavelles.*

THESE sort of partridges are very scarce in England: yet let those who chance to meet with some, cook them in the same manner as the other partridges.

*Quails and Cailleteaux.*

THE *cailleteaux* are young quails, but owing to their enormous price in England, they are very seldom, if ever, to be procured at the poulterers. An *entrée* of fillets of young quails, besides its costing too dear, is never attempted; the expence would come to an extravagant price, without any other merit.

N° 1.—*Compotte of Quails.*

TAKE six or eight quails according to the size of your dish. Cut the claws off, empty the birds without making too large an opening. Truss them *en poule*, that is to say, with the legs inward. Have a dozen pieces of bacon cut in the shape of a cork, blanch them in order to draw the salt out: then let them stew in the butter till they be of a light brown; then take them out of the stew-pan to make room for the quails, which stew till they begin to be of a light brown also, and then take them out. Make a *roux*, which moisten with a little *blond de*

*veau*, add a bunch of parsley and green onions, some small white onions (if approved of) mushrooms, &c. As soon as the quails are done, take them out of the stew-pan, and let the bacon stew till thoroughly done. Skim the sauce well, and drain it through a tammy over the quails: then dish the bacon, mushrooms, and small onions, and send up quite hot, and well seasoned.

### N.° 2.—*Compotte of Quails à blanc.*

This is made in the same manner as the *compotte* of partridges, N.° 8, with the only difference that you use broth instead of *blond de veau;* thicken the sauce, or serve the onions *à blanc*, the same as the mushrooms.

### N.° 3.—*Quails aux Pois.*

Empty, singe, and truss six nice quails; *mark* them in a stew-pan wrapped up with layers of bacon: moisten with a *poële* if you have any, if not with two spoonfuls of broth, a bunch of parsley, &c. now season them well. Stew them for twenty minutes over a very slow fire. Drain them well and let them boil for a moment with the *pois au lard.* (See Sauces *pois à brun, pois à blanc.*) Next dish them, and reduce the

liquor which having boiled with the quails would be too thin to *mask* with.

### N.° 4.—*Quails au gratin.*

Bone six quails, pick them nicely: take a little *farce fine*, made in preference of the flesh of young rabbits: fill the bodies of the quails with the said *farce*: then raise a kind of a dome on a dish, and with a spoon make room for the birds: next make an opening in the middle; let it be either round or square according to the shape of the dish. Put a piece of soft bread covered with layers of bacon within the opening; cover the birds with layers of bacon, and put the dish into the oven for about a quarter of an hour, or twenty minutes at most, till the birds be done. Drain the grease carefully. Then take six slices of bread cut in the shape of cock's-combs, which you fry in butter till they be of a light brown, and put them one by one between the birds. Serve a *ragoût à la financière* in the middle, and *mask* the birds and the *gratin* with a good *Espagnole*.

### N.° 5.—*Quails à la Bourguignotte.*

Mark the quails as indicated, N.° 3: when done drain them well, and let them boil for a

couple of minutes in the *bourguignotte* (see Sauces), leave them in the sauce during an hour, when the stew-pan is to be put *au bain marie*, that the birds may taste of the sauce and truffles.

### N° 6.—*Quails à la Crapaudine.*

These are dressed and cooked in the same manner as the pigeons, or partridges *à la crapaudine*. Serve them up with an *Italienne*, or a *consommé à glace* over them.

### *Woodcocks and Snipes.*

Woodcocks, the same as snipes, are good only when they are fat. They are cooked but in very few ways. The most delicate parts are the legs and the intestines. The fillets of woodcocks, for those who do not like their meat *verd cuit*, are tough and without savour. They are held in high estimation when roasted or *en salmi*. A *purée* of woodcocks is also served occasionally. They may however be dressed in as many ways as young partridges. When roasted, you must always put a toast under them, to receive the intestines which generally drop off whilst roasting, unless paper be used to secure them. Take care to stop the spit when the back is towards the fire, because the legs are to be well done, and the fillets *verds cuits*.

N° 1.—*Salmi of Woodcocks.*

The same operation is required as for the *salmi* of partridges. Instead of boiling the *parures* in the sauce, take out the members, as you do in the *salmi* of partridges, and pound the remainder in a mortar till you can strain it through a tammy. When you have skimmed the grease off, and given a good seasoning, moisten the pounded meat with that sauce; then strain it through a tammy, put it over the legs in a *bain marie*. The *salmi* must be made hot, but without boiling. Serve up with slices of fried bread cut into hearts and glazed.

N° 2.—*Salmi of Woodcocks à l'Espagnole.*

If you have any roasted woodcocks left, cut them as for eating; *mark* the members in a stew-pan; make a sauce as for partridges: put the *parures* into the sauce boiled for an hour: when the sauce has been well skimmed, and that there is no grease left, drain it through a tammy over the members. Let it be made hot without boiling, and serve up with slices of fried bread between the members.

N° 3.—*Croustade de purée of Woodcocks.*

If you have any *salmi* of woodcocks left, drain all the sauce, mince the flesh well and pound it

in a mortar; then moisten it with the sauce, and warm it to know whether the *purée* be too thin or too thick: drain it then through a tammy, and put it *au bain marie;* then work it with a small lump of very fresh butter. Cut eight slices of bread into hearts all of an equal size: try them on the dish to see whether they form a regular flower; then cut another slice quite round to put in the middle over the points of the hearts: this completed, make a deep incision all round the upper part, without however it being cut through: then fry them in clarified butter till of a light brown: as soon as they are fried cut the middle out, to leave as little crumb as possible. Keep them hot, well wrapt up in a clean sheet of paper. When ready to serve up, work the *purée*, and pour it into the *croustade.*

You may send up this *purée* in a *bord de plat* with poached eggs, or in a *vol au vent*, &c.

## N°. 1.—*Plovers.*

Plovers are hardly fit but to be roasted. Sometimes however they are prepared *à la bourguignotte*, which is indeed the only way of making a *ragoût* of plovers. In this latter case empty and truss them as neatly as possible; *mark* them in a stew-pan with layers of bacon;

moisten them with a little *poële* or with broth; when done enough let them simmer a little in a *bourguignotte*, and serve up hot with a garnish.

### N° 2.—*Capilotade of Plovers.*

If you have any roasted plovers left, and that you should be short of an *entrée*, *parez* them cut by halves: flay them, put them into a stew-pan with two spoonfuls of *Italienne*, a glass of white wine, a little salt and pepper. Let them simmer for a quarter of an hour, and dish them with fried slices of bread between. Skim the sauce, squeeze the juice of a lemon, and *mask* the members with the sauce.

## *Pigeons.*

There are pigeons of various sorts; namely, tame pigeons, wild pigeons, and wood pigeons. The former are most in use, although wild pigeons be good either broiled or roasted; but if made *ragoûts* or *fricassés* of, their flesh is too black. Small pigeons *à la gautier* are of great service for garnishing, but they make very indifferent *entrées*.

### N° 1.—*Compotte of Pigeons au roux.*

Take four or six pigeons; after having picked them cut off the nerve below the joint of the leg:

empty them without taking out the liver, but feel with your finger to ascertain whether there is no grain left in the paunch. Truss the legs inwards, and make an incision in the back to have them disgorge. Then put them into a stew-pan with some lukewarm water to draw out the blood: next *mark* them in layers of bacon, and stew them as you would do chickens. When done drain them and send up with a *ragoût à la financière.*

N°. 2.—*Compotte of Pigeons à la Paysanne.*

Truss up your pigeons as above; wash them clean in warm water. Cut half a pound of *petit lard* into small slices of about an inch, blanch them first, and then put them into a stew-pan with a small lump of butter; when these are of a nice light brown, take them out to make room for the pigeons, and when become firm take them out also. Throw a good spoonful of flour into the grease, that is, in the stew-pan, and let it become of a light brown colour; then pour either a little broth or warm water even into it, season with salt, pepper, spices, a bunch of parsley and green onions, a few mushrooms, and small white onions. Then put the pigeons into the sauce or liquor, and let the whole stew gently. Next skim off the grease, put the pigeons into

another stew-pan, and when done garnish them nicely. Reduce the sauce and drain it through a tammy over the pigeons, and serve up hot.

### N° 3.—*Pigeons à la Crapaudine.*

Pick the pigeons, cut off the claws, truss them up *en poule*, and then with your left hand press on the breast, and scollop one half of the flesh of the breast; turn it down on the table, flatten it well with your knife, dust it over with salt and pepper, break the yolks of two eggs in a plate, brush the pigeons all over with those yolks of eggs, then dip them into crumbs of bread, next into melted butter, then into crumbs of bread again, which you level as smooth as possible. Now broil the pigeons on a slow fire that they may get thoroughly done without being burnt. You ascertain when they are done enough by thrusting the point of your knife into the fleshy part of the leg. If no blood issues, then they are done enough. Serve under them an *Italienne*, or some rich gravy. This being a common place *entrée*, I shall explain a method of making a *sauce piquante* in a moment.

Chop a dozen of shalots, which put into a stew-pan with two spoonfuls of vinegar, which boil till there be no vinegar left: then put in a little broth, or gravy of roast meat, with rasp-

ings of bread, salt, pepper, &c. Let this boil for a while, pour it over the pigeons, and send up hot.

### N° 4.—*Pigeons au Soleil.*

These indeed are not well named as they shine but very little. It is an *entrée de desserte*, and that is saying enough. If you have any pigeons either roasted or otherwise left, cut off the pigeons in two. You next put them in a *marinade*. (See N° 39. *Entrées of Fowl.*) When they have simmered for half an hour in the *marinade*, let them cool, drain them, and put them into a *pâte à frire*. (See *pâte à frire.*) Fry them of a good colouring, and serve up, if you like with fried parsley in the middle, or a *poivrade*, or a *sauce piquante*. (See Sauces.)

### N° 5.—*Cutlets of Pigeons à la d'Armagnac.*

Take eight pigeons, as you may make one *entrée* out of the loins and legs, another with what is called the breech of a pigeon, such as a *compotte*, or dress it with green peas, &c. &c. Take the flesh of the breasts, mince it with a little *panade* (see *farces*), a small quantity of calf's udder, or calf's suet ready boiled: of these latter let the quantity be the same, but some-

what less of the *panade*. Put the whole into a mortar, but observe that with the *panade* is required plenty of sweet herbs, shalots, parsley, mushrooms, &c. When the *farce* has been well pounded use a couple of eggs to give it more substance: then bake a little bit in a tart mould, in order to taste whether it be sufficiently seasoned. Spread the whole on a *plafond* well buttered, and very even: then let it cool. When cold, either with a cutter or with your knife, cut the minced meat into cutlets, without however detaching it from the *plafond*: this being done put the *plafond* over something hot, merely to melt the butter. Then take the bones out of the pinions, which scrape well and stick them into the extremity of the *cutlets*, dip them into an *omelette*, and into crumbs of bread, and fry them, but do not let the dripping be too hot, that the cutlets may have sufficient time to be done through without being burnt. Dish the cutlets *en miroton*, with either fried parsley, or an *Italienne* in the middle.

### N° 6.—*Cutlets of Pigeon à la Maréchale.*

Take the fillets of eight pigeons, flatten them with the back of your knife, scrape the bone of the pinion, stick it into the point of the cutlet; dip the cutlets into melted butter: after having

seasoned them with salt and pepper, dip them once only into crumbs of bread, but very even and smooth; broil them till they be of a nice colour and send them up with rich gravy, or an *Italienne*.

### N.° 7.—*Pigeons à la Toulouse*,

Pick, empty, truss, and singe six young pigeons: *mark* them in a stew-pan trimmed with layers of bacon: moisten with a little *poële*; let them stew for sixteen or twenty minutes. Then drain and dish them, and *mask* them with a *Toulouse*. (See Sauces.)

### N.° 8.—*Pigeons à la Financière*.

For this *entrée* you must procure young pigeons *à la gautier*, singe them slightly. Melt about half a pound of butter, squeeze the juice of a lemon into the butter, and then let the pigeons be *sautés* over the fire twice or three times only. Then put the pigeons into a stew-pan trimmed with layers of bacon, pour the melted butter and lemon-juice over them; then cover them well: it is also requisite to pour in likewise a spoonful of *poële* to prevent their frying. Sweat them for a quarter of an hour, drain them, dish them nicely, and *mask* them with a *financière*.

N° 9.—*Pigeons à l'Aspic clair.*

Take six pigeons *à la gautier* which cook as those above, N° 8. When done, dish them with large craw-fish between each pigeon, and an *aspic clair*. (See Sauces.)

N° 10.—*Pigeons cooked in all Manner of Ways.*

As I do not pretend to make a shew of extraordinary knowledge by introducing a multiplicity of names, and of *entrées* which are no longer in fashion, I shall observe only that pigeons in general are rather used for *garnitures* than for *entrées*. In the first case they are prepared as indicated, N° 8. They may be made *aux pois, à la sauce aux tomates, en marinade au blanc, au roux*, &c. &c. The only science consists in preserving their white colour. The shape is ever the same, and with respect to the same every one has his choice.

For *la godard*, or *la chambord*, likewise for the generality of grand *garnitures*, pigeons *à la gautier* are requisite.

A pigeon pie is a very plain dish, which is left to the management of common female cooks. To make a pigeon pie, put a few thin slices of beef in a dish, and the pigeons over them, well seasoned with salt, pepper, and spices, the yolks of a few eggs within the intervals, and a spoonful

of broth, cover the whole with plain paste, or with *feuilletage*, &c. &c.

### *Ducks, wild Ducks.*

Ducks are only fit to be sent up for *entrées*, when they begin to be plump; they are good towards November, when they are plump and fat, but those that are sold in London in May, June, or July, are nothing but skin and bone. Ducks, the same as woodcocks require the fillets being *verd cuits*, and the legs are nearly raw if care be not taken to stop the spit when the back is turned towards the fire. The legs and breast, by this means are not over done.

### N° 1.—*Duck aux Navets.*

After having emptied, trussed, and singed the duck, *mark* it between layers of bacon, and moisten them either with a *poële*, or broth with a little salt. Stew the duck for three-quarters of an hour if it be a young one; if old or tough it will require an hour: when done drain it and let it simmer in the *sauce aux navets.* (See Sauces.)

### N° 2.—*Duck aux petits Pois.*

Prepare and cook as above. When done lay it over the green peas. (See Sauces.) When

the duck is too large it is not to be served entire, but cut into four or five pieces; namely, the breast, the two wings, which otherwise are called fillets, the two legs and the back. *Parez* all those parts, or members properly; *mark* them as above; put them into the sauce, (see *pois au lard*) when they are to be left for an hour, that they may become of a good savour, and send up with very little thick sauce, but good many peas, for such the duck requires.

### N° 3.—*Duck à la purée de Pois verds.*

Prepare the duck as above, and send it up with a *purée of pois verds* over it (see *purée verte*) or with a *hochepot.* (See *hochepot.*)

### N° 4.—*Ducklings à la Bigarade.*

This *entrée* requires plump, fleshy ducks: pick, empty, and truss them well with the legs stuck upwards. First roast them *verd cuits* and make incisions in the breast, what the French call *aiguillettes*; pour the gravy that issues from the duck into the sauce, which must be ready made in order that you may send up speedily, which is most requisite. With respect to the appropriate sauce (see Sauces). If you are allowed to serve up fillets only, then you must have three ducklings at least. Roast them *verd*

*cuits;* when properly done cut them into *aiguillettes,* that is four out of each duck, put them into the sauce with the juice or liquor issued from them, and send up without loss of time, and quite hot. As soon as you have put the *aiguillettes* into the sauce, squeeze a little juice of *bigarade* (bitter orange) over the whole; keep stirring well and serve up the fillets in the sauce. This is a dish for an epicure, for a dainty palate. Do not think of dishing it *en couronne* to give it a better appearance, but believe me send it up in the sauce, and they who eat it will fare the better on that account. *Mignonette,* or coarse pepper is required in this sauce, and the *entrée* altogether must be high seasoned. Blanch a handful of sage with a couple of onions cut into quarters; chop them; season them with a little salt and pepper, and stuff the duck, which by so doing will acquire additional savour.

### N° 5.—*Salmi of wild Duck.*

If you roast a duck on purpose let it be *verd cuit. Parez* whilst hot, and let the *parures* simmer in the sauce. Then drain the sauce through a tammy over the members; let them be made hot without boiling. The sauce is made in the same manner as that of the *salmi* of partridges.

### N° 6.—*Members of Duck à la purée de Lentilles.*

Poele the members as indicated, N° 1. Drain them; next *mask* them with the *purée de lentilles.* (See *purée de lentilles.*)

### N° 7.—*Duck aux Olives.*

This *entrée* is admired only by the Italians. *Poële* the ducks as indicated, N° 1. Pour over it *la sauce aux olives,* which in my opinion is no great treat.

### N° 8.—*Capilottade of Duck.*

If you have any roasted ducks left, and are called upon for one *entrée* more, cut the ducks as for eating, flay them, and let them simmer in a thin *Italienne.* Fry a few slices of bread cut into the shape of pears, and send up with the juice of a lemon.

If you should not have any *Italienne* ready, mince a few shalots, boil them in vinegar, make a little browning (*roux*) which you moisten with broth or even water, and mix a little *glace* seasoned with salt and pepper: put the shalots into the sauce; let it boil a few minutes; then put the duck into the sauce to heat but without boiling, and give it a high seasoning. Such common dishes are always to be high seasoned.

## *Larks.*

### N° 1.—*Larks au gratin.*

Take eighteen larks, as fat as possible; pick and bone them; next season them with salt and pepper, and stuff the larks with a *farce fine,* or a *farce à quenelles,* the former however is preferable. Dish them nicely, and put some of the *farce* in the dish. Put slices of fried bread cut whimsically between the birds. When these are put all round the dish, if there are any left put them in the middle, but these latter are to be raised higher than the rest. Cover the whole with layers of bacon, and leave it in the oven for twenty minutes. Then take off the bacon, drain the grease, and serve up with an *Espagnole* of a nice colour, and well seasoned.

### N° 2.—*Caisses of Larks.*

Bone the larks as above; and stuff them with *farce fine.* Have ready small paper cases dipt into warm oil. Give the larks a round shape and put them in paper cases. Next put them on a *plafond* with some buttered paper over them, for fear they should be made dry whilst baking. When baked enough dish them. If there be room enough pour into the dish a little *Espagnole,* and lemon-juice.

### N° 3.—*Pâté chaud of Larks.*

Bone the larks as above: then dress the pie-crust, put the *farce* in the bottom and the birds over the *farce:* then fill the crust with *farce,* close the pie, but leave a little hole at the top to prevent the crust from breaking. Let it be made of a light brown colour. When done take it out of the oven, take off likewise the top crust, or cover, then pour a *ragoût à la financière* into the pie, after having drained the grease, if any. Do not put the top crust on again: send up hot with high seasoning, which brown *entrées* require more than white ones.

### N° 4.—*Larks en Croustade.*

This dish would find few admirers, as birds *en croustade,* and even *pâtés chauds* are very seldom called for. The nobility of this country like to see what they are eating, lest they should meet with something they do not like in a *pâté chaud;* which they seldom will touch. The reason why is obvious and justifies their aversion, as the aforesaid *pâtés chauds* are generally economical *entrées* made of legs or such other parts of either fowl or game. The nobility, gentry, and epicures in general, never taste but the fillets. Larks *en croustade* must be done

beforehand. You put the birds into *croustades* fried of a light brown, the inside part of which you cut out with a cutter: into the vacuity put first a little *farce* and the lark over it. Keep your birds hot, till you serve up.

### *Pheasants.*

It is no easy matter to meet with a pheasant that has that exquisite taste which is acquired only by long keeping. The damp of the climate prevents their being kept so long as they are in other countries. The hens in general are more delicate. The cocks shew their age by their spurs. They are only fit to be eat, when the blood runs from the bill, which is commonly six days or a week after they have been killed. You may then either roast, or make *entrées* of them. The flesh of a pheasant is white, tender, and has a good savour if you keep it long enough; if not, it has no more savour than a common fowl.

### N° 1.—*Salmi of Pheasants à l'Espagnole.*

Those articles in general which after having been roasted, are to be put into any sauce whatever, require being *verd cuit*, and especially pheasants. After having trussed them nicely spit them. They will be done in half an hour's time. Take the bird off from the fire at the

expiration of that time. When cold, flay and cut it, as for eating, and put the *parures* into the *sauce à salmi.* (See *salmi* of partridges.) Send up with fried slices of bread, &c. &c.

### N° 2.—*Croquettes of Pheasant.*

The operation is the same as for all other *croquettes* of fowl, or game; it is only to be observed, that *croquettes* of game are to be stronger than those of poultry. You must not forget mixing a little *glace de gibier* which makes the only difference. Serve up garnished with fried parsley.

### N° 3.—*Hachi of Pheasant à la Polonoise.*

Use the same method as for *hachis* of poultry, or of game. Garnish with poached eggs.

### N° 4.—*Soufflé of Pheasant.*

See N° 14, *soufflés* of partridges. In general all *entrées* that are made of partridges, may likewise be made out of pheasants; such as *aux choux, à la Monglas, à la Barbarie,* otherwise *en petit deuil, à la Givry, à la Crême,* &c. &c.

# CHAP. XIII.

## FRESH WATER FISH.

### CARPS.

N° 1.—*Carp grillée, sauce aux Capres.*

You must never use fresh water fish unless it be alive, and kill it yourself. When you have beaten a few strokes on the carp's head with a large knife, you thrust your knife under the scales, beginning at the tail, and proceed cutting right and left. All the scales on one side must come off at once, in a piece. Then do the same on the other side, and about the belly. When the scales have been taken off properly, and that none are left, your carp must be white; you then take off the gills, without damaging the tongue, which is one of the most delicate parts of the carp. Make a small incision in the neck as if you were going to cut off the head; make another in the belly, but in a contrary direction and as small as possible. Then with your forefinger draw out the roe, intestines, and guts. Wash your carp well, till there be no blood left.

You next wipe it well, and slit both sides of the back, and let it *marinate* in a little oil, salt, and pepper for about an hour, or a little more. Now lay it on the gridiron over a very slow fire, that it may have time to be well done through. When broiled on both sides, serve it with a *sauce aux capres*, and *beurre d'anchois*. (See Sauces.) If the carp had a soft roe, you return it inside of the body with a little chopped parsley, mixed with a small lump of fresh butter, salt, and pepper; then sow the belly up for fear the contents should drop out. When your carp is done, cut off the thread, and *mask* the fish with the sauce.

### N° 2.—*Carpe farcie au four.*

After having cleansed and prepared a carp as above, take up one half of it, and with the flesh make a *farce* (see *farce de carpe*) with which you cover the other half, the bones whereof have been taken out. Give it a pleasing shape. Then with a very small spoon figure scales over it, and put it into the oven on a baking-pan. Take care it does not get too dry. When it is of a fine brown colour, you must cover it when it is done, which you ascertain by running your knife between the *farce* and the fish. If your

carp is done you send it up to table with a *sauce aux anchois*, or an *Italienne en gros.*

### N° 3.—*La Carpe au bleu, et au court-bouillon.*

Take a very fine carp, cut off the gills, but retain the tongue. Then make as small an opening as possible to empty it, and wash it well, till no blood be left. Then boil some vinegar, and when boiling hot pour it over the fish that the scales may crisp. You next wrap your carp up in a cloth, and stew it in a *court-bouillon.* Let it cool in the *court-bouillon*, in case you are to send it up cold. If it is intended to serve it up hot, then sauce it with a sauce *au beurre d'anchois.* (See Sauces.)

### *Court-bouillon.*

Take three carrots, four onions, six shalots, and two roots of parsley, which pick and wash. Chop them very fine. Put a small lump of butter into a stew-pan, with the above roots, and stew them till they begin to get brown. Moisten next with two bottles of red wine, a bottle of water, a handful of salt, some whole pepper corn, and a bunch of parsley and green onions, seasoned with thyme, bay-leaves, sweet bazil, cloves, &c. Let the whole stew for an hour, and then drain it through a sieve, to use it occasionally.

If you should have no wine, put in some vinegar. The *court-bouillon* is better after having served several times than on the first day. It is a famous thing for stewing craw-fish.

### N° 4.—*Carpe à la Chambord.*

Take a very huge carp, scale it and empty it as indicated in N° 1. Have the soft roes of other small carp, which introduce into the body of the large one, after you have seasoned them with chopped parsley, salt, pepper, and spices. Sew up the belly of your carp, and lard two squares on the back with very small pieces of bacon. Next lay the carp in a fish-pan with one half of your *court-bouillon*, and put it into the oven, but mind you baste it frequently with the *marinade*. When it is done, drain it, but take care you do not break it. Now dish it with *la chambord* (see Sauces) and its garnish.

### N° 5.—*Matelotte de Carpe à la Royale.*

Take several carp, which cleanse as indicated N° 1. Then you cut them into thick slices. You first cut off the head, but never forget to take out the stone which is at the top of the spine, exactly about the neck, for it has a most obnoxious bitter taste. Next cut the remainder into three equal parts, (which in

France are called *tronçons*). Wash these well, then lay them on a clean towel to drain, and *mark* them in a stew-pan just large enough to contain the quantity of fish you wish to cook. As you are to boil the fish with wine only, if you were to take too large a vessel, it would require too much wine, which would be wasted. Powder a little salt over your fish. Pour only as much wine as is requisite just to cover the carp, and let it stew over a large fire. As soon as the wine boils, if it be good, or unadulterated, it will catch fire. Red wine of course is used. You then take your pan off from the fire, and leave it on the corner of the stove, and make a sauce in the following manner.

Put a lump of butter into a stew-pan, according to the quantity of fish you have. At any rate a quarter of a pound will be enough. Then make a *roux* by mixing a little flour. When your *roux* begins to get brown, put in two large onions cut by quarters, and let them fry till they be entirely melted. Then moisten with some of the wine in which your fish has been stewing; add a large bunch of parsley and green onions seasoned with all-spice. Pick a pint of mushrooms, wash them well, *tournez* the finest which you throw into a little water and lemon-juice to keep them white. The *parures* are to

be used for the improvement of the sauce, which skim off, let no grease remain, then drain it through a tammy over your *tronçons*. You must have ready some small onions fried brown in butter, and stewed separately in a little broth; mushrooms likewise stewed separately. Then dish your *tronçons* with the head in the middle. You have provided some soft roes which you have stewed also separately in vinegar, that they may be quite firm; with these garnish your *matelotte*. Next you have a dozen of toasts made of rasped crust of bread, a few *quenelles*, craw-fish the same, and you dish your *matelotte* rather *en dome*. Let your sauce boil in a good lump of butter kneaded with a little flour, then a *beurre* of six anchovies, and the juice of a lemon. The sauce must be rather high seasoned, and thick that it may *mask* well. The small onions and mushrooms are not to be omitted.

N°. 6.—*Matelotte de Carpe à la Marinière.*

After having cleansed your fish as indicated N°. 1, you put it into any vessel whatever that will stand a large brisk fire. Moisten with some red wine according to the quantity of the fish; put some small onions fried white in butter into your vessel, with salt, pepper, spices, a bunch

of parsley and green onions well seasoned. Let the whole boil till you see the fish be done. You have been handling some butter and flour, which you drop by small parts into your sauce, in order to thicken it. You have likewise some toasts, which you put round your dish in the sauce. Season it well, and serve up quite hot.

### N°. 7.—*Les petits Pâtés de farce de Carpe.*

See *farces* for the flesh, and *patisserie* for the paste. These are only served in Roman Catholic families, on fast days.

## EELS.

### N°. 1.—*La Matelotte d'Anguilles.*

Take one or two live eels. Throw them into the fire. As they whirl on all sides you lay hold of them with a towel in your hand, and skin them from head to tail. This method is the best as it is the means of drawing out all the oil, which is unpalatable. Cut your eels into *tronçons*, without ripping the belly; then run your knife into the hollow part, and turn it round to take out the entrails. Wash them well, that no blood remain. *Mark* your *tronçons* in the like manner as those of carp. The eel is longer doing, yet the operation is the same. It will

frequently happen that a *matelotte* is made of all sorts of fish, such as carp, tench, pike, and eels. The carp is sooner done than any of the other mentioned fish, but they notwithstanding are always cooked together when they can be procured.

N° 2.—*Tronçons d'Anguilles à la Tartare.*

Skin the eel as above, cut your *tronçons* longer, make a *court-bouillon*, or a *marinade*. Stew your *tronçons* in this *marinade*, and when they are done let them cool, then you brush them over first with yolks of eggs mixed with a little salt, and dip them into crumbs, then with butter, and strew over them crumbs of bread again. Broil them of a fine colour, or bake them, and serve them up with a *sauce à la rémoulade*. (See Sauces.)

N° 3.—*Tronçons d'Anguilles à la Poulette.*

There are some people who will cook *l'anguille à la poulette*, in the same manner as a *fricassée de poulets*; it is better however to stew it in a *marinade*, and then to make the *sauce à la poulette*, by taking some *sauce tournée*, which you reduce till it can take a thickening. Mix it with parsley chopped very fine, and small onions if approved of; but then they are to be

done separately and stewed in a little broth and salt. Drain them, and put them into the sauce after having thickened it. Let it be seasoned pretty high with salt, pepper, and the juice of a lemon. Let your eel continue in the sauce for ten minutes before you send your dinner up to table. If you should have no *sauce tournée*, make a little *roux blanc* (see Sauces), moisten with either water or broth, to which add a bunch of parsley and green onions, pepper, salt, and a small white onion. When your sauce has been boiling for an hour, that the flour may be well done, you take out the parsley and onions, skim your sauce, mix a little chopped parsley and the juice of a lemon with the thickening, and serve up hot.

### N° 4.—*L'Anguille roulée au four.*

PREPARE your eel as above, but open the belly with a view of drawing out the intestines and the blood. Then roll it round, and fasten it with a skewer. Then bake it in a *marinade*, or a little *court-bouillon*. When it is of a brown colour glaze it, and serve under it an *Italienne* (see Sauces) with which you mix a good lump of butter, and a *beurre d'anchois*. (See Sauces.) If *en maigre* you only make anchovy sauce.

N°. 5.—*Tronçons d'Anguilles piqués et glacés.*

This *entrée* never looks well, as the *tronçons* will not stand upright. Strip your eels, however, as above, cut your *tronçons* of an equal size, and lard them. Next *mark* them in a stew-pan rubbed round with butter. Have ready a *marinade,* and moisten with a few spoonfuls only. When your eel is done, you contrive to have your *tronçons* stand erect, and a glaze of a fine brown. Send them up with a *sauce aux capres,* and *aux anchois.*

PIKE.

N°. 1.—*Brochet à la Polonoise.*

You must scale and empty your pike, then cut it into *tronçons,* and wash them well, till there be no blood left. *Mark* in a stew-pan a lump of butter, some roots and stalks of parsley, an onion cut into slices, a few minced carrots, half of a bay-leaf, a little thyme. Stew the whole over a slow fire, that the vegetables may be done without getting brown. Then moisten with milk seasoned with salt, and let your roots stew. When your *polonoise* is done, drain it through a sieve over your *tronçons,* which are to be stewed in that moisture. When they are done, take some turnips cut into olives, which

stew also in the above seasoning. You next *mark* a *haricot vierge* (see Sauces) with the moisture, and make a *roux blanc* (see Sauces) with two ounces of butter, and two spoonfuls of flour. Moisten with your seasoning, and add to it a few mushrooms if you have any. Now reduce that sauce till it be thick enough to *mask* the fish; drain your turnips well to prevent their making your sauce liquid. Dish your *tronçons*, put a little sugar in the sauce; taste it to ascertain whether it be properly seasoned and send up to table as white as possible.

### N° 2.—*Brochet à la Genévoise.*

After having merely emptied and washed your pike, without scaling it, *mark* a *marinade*, with carrots, onions, parsley roots, thyme, bay-leaves, sweet bazil, cloves, and a few stalks of parsley. Stew all these in a little butter over a slow fire. When your roots are become tender, moisten them with Madeira wine, and let your *marinade* stew on. When it is done enough, drain it through a sieve over your pike, which you have taken care to lay in the straitest vessel you could procure, so as to use no more wine than is requisite for the sauce. Mind not to put much salt, as the moistening is used for the sauce. When your pike is done, drain it imme-

diately that you may scrape off all the scales on both sides. Then return it into the vessel wherein it has boiled, and pour in a little of the liquor to keep it warm, and from getting dry. Make a *roux*, but not too high in colour, which you moisten with the wine alone *en maigre*: but *en gras* you add two good spoonfuls of *blond de veau* (see Sauces) with some *parures* of mushrooms, and a bunch of parsley and green onions. Let these stew till the sauce no longer smells of flour. Then drain it, and add to your sauce a good lump of butter kneaded with flour, a *beurre d'anchois*, and the juice of a lemon.

*N B.*—You must use white wine in preference to red, to make a difference besides from a *matelotte*.

### N° 3.—*Brochet à la Hollandoise.*

Scale your pike, take off the gills, without opening the belly. You must empty it at the head. Make a *farce* with two handfuls of crumb of bread, and the same quantity of beef-suet. (*En maigre* you use butter instead of suet.) The yolks of two eggs, or two whole eggs, put a little milk, a large quantity of chopped parsley, a little thyme, salt and pepper, and shalots chopped very fine if approved of. Put the whole in the belly of your pike. Then

trim a *plafond* with layers of bacon that the pike may not burn and stick. Fasten the fish's tail in its mouth with a little skewer. Break a few eggs in an earthen-pan, with a little pepper and salt. Now brush your pike all over with the beaten eggs, and powder it over with crumbs of bread; then baste it all over with melted butter, and powder it with crumbs of bread again: baste it afresh with butter, and then bake it in the oven, till it be of a fine colour. Send it up to table on a cloth, and serve up separately *la sauce Hollandoise.* (See Sauces.) If you send up two pikes, let one be green, and the other yellow. The green one is obtained by mixing a large quantity of minced parsley with crumbs of bread, before you powder the fish over with them.

N° 4.—*Brochet au four à la Françoise.*

Prepare your pike as above, but instead of stuffing it with the aforesaid *farce,* stuff it with a *farce à quenelles.* Mind you bind the head which is liable to break. Take a little *marinade* as it is improper that pike should be overflowed with it, nay there will be quite enough if it reaches its middle. Baste it frequently with some of your moistening, that it may be made of a fine colour, which is not easily obtained, as

you have not used crumbs of bread. When it is done, drain it. Take some of the *marinade* to *mark* a *sauce au beurre*, to this effect, put a good lump of butter, and a spoonful of flour in a stew-pan, moisten with the seasoning, but do not allow your sauce to boil. Add to this a *beurre d'anchois*, the juice of a lemon, and serve the sauce under the fish without *masking*. Yet if your pike were not of a fine colour, you should add some fine capers to your sauce; and *mask* your fish over with the sauce.

### N° 5.—*Brochet, sauce à Matelotte.*

Take a fine pike, empty it as indicated, N° 2. Stew it in a *marinade au vinaigre*, and *mask* it with the *sauce à Matelotte*, after having removed the scales as in N° 2. The *sauce Matelotte* is to be made with red wine.

### N° 6.—*Filets de Brochet à la Maître d'Hôtel.*

Take up the fillets of a moderate size, divest them of the skin, and cut them into equal pieces, that they may be dished nicely. *Mark* them in a *sauté* pan with some clarified butter, pepper, and salt. When just going to send them up to table, *sautez* them over a large fire, that they may be white and firm, and turn them on the other side. When they are done dish them

*en miroton,* and serve them up with the *maître d'hôtel à poisson.* (See Sauces.)

N° 7.—*Filets de brochet à la Maréchale.*

Take up the fillets and skin them as above. Cut your fillets in the shape of cutlets, and powder a little salt and pepper over them. Beat the yolks of two eggs in a pan, with which brush your fillets over, and strew crumbs of bread over them. Next dip them into melted butter, and into crumbs of bread, to give them a second coat. Make those crumbs quite level. Now broil your fillets over a slow but equal fire. Dish them *en miroton,* and send them up with a *poivrade blanche.* (See Sauces.)

N° 8.—*Filets de brochets à la Turque.*

Prepare your fillets as in N° 6. Wash some rice quite clean, and blanch it. Make it swell soft in some good *consommé.* Let it be done thoroughly, yet keep it thick, and season it well. Add a few spoonfuls of *velouté,* and a little thick cream, still preserving it thick and firm, that it may be dished in a pyramid or dome, in the centre of the dish, and the fillets all round. *Mask* the fillets, but not the rice. You may serve up either with *la maître d'hôtel,* or *la ravigotte.* (See Sauces.)

N.° 9.—*Brochet à la Chambord.*

EXACTLY the same thing as carp, N.° 4.

### PERCH.

Perch is a fish that is held in high estimation. Its flesh is white and delicate; the perch is easily digested, and is particularly recommended to those invalids who have a weak debilitated stomach.

N.° 1.—*Perch à la Waterfish.*

EMPTY your perch. Wash them well in several waters. *Mark* in a stew-pan a *marinade blanche*, composed of shreds of parsley and of parsley roots, of a few carrots, two or three green onions cut into fillets. Stew the whole in a little butter. When your roots begin to get soft, moisten with boiling water, salt, pepper, &c. Let the whole stew well, then pour that *marinade* over your fish, which stew for about twenty minutes. Then drain and scale it nicely, preserving, however, the red fins. When your perch is quite clean, stick those red fins into the partition of the fillet, to shew what the fish is. Do not forget to bind the head before you stew the perch, as it is very liable to break.

N° 2.—*Perches à l'Eau, or Water Souchet.*

EMPTY and wash your perch as above. Trim a stew-pan with parsley roots, a bunch of parsley, a little salt, and a few grains of corn pepper, which you must count, that you may take every one out when your water has boiled for half an hour. Put your perch into the water, and boil them speedily that they may be more firm. Then take out the bunch of parsley; and throw into the liquor some leaves of parsley that have been blanched very green. Serve up the fish in a deep bottomed dish, with the liquor and the roots, which must have been cut into fillets one line by ten; together with slices of bread and butter on a plate.

N° 3.—*Perches à la Maître d'Hôtel.*

LET them be prepared and cooked as above. Mind that you must preserve the red fins, which you stick into the middle part, instead of retaining them in their natural place. After you have drained your fish, *mask* it with a *maître d'hôtel.* (See Sauces.)

N° 4.—*Perches à l'Eau, sauce Hollandoise.*

AFTER having emptied your fish, scale them well and boil them, with water and salt for a quarter of an hour. Serve them up on a cloth

with parsley, quite green all round, and send up separately the Dutch sauce.

### TENCH.

Tench is a fish which real epicures think but very little of. Yet it is more admissible in a *matelotte*, than in any other way. However, it may be dressed either broiled, *au court-bouillon*, or *farcie*, the same in every respect as a carp. (See Carp.)

### N° 1.—*Tanche frite.*

After having scaled and emptied your tench, split the back of the fish, but take care not to touch the belly, for if you did it would divide. Let it pickle for three hours in vinegar, salt, pepper, stalks of parsley, and onions. Then drain it and dip it into flour. Fry it of a fine colour and quite firm. The dripping must be very hot. This you try with a drop of water, which being thrown into the dripping, occasions a noise, if the former be in a proper state. Send it up to table on a cloth, and fried parsley all round, if you have a soft roe, fried likewise and send in the middle.

### TROUT, AND SALMON TROUT.

Trout is never good unless it be caught in live

water; indeed it is seldom to be found elsewhere. It is to be cooked, or dressed in the same manner as salmon, and proves, at any time nearly, better and more delicate.

### N.° 1.—*Truite au court-buillon.*

Empty your trout without making a great opening in the belly. Wash it well; wrap it up in a cloth, fasten both ends with a bit of packthread, and bind the middle, or body, but not too tight. Stew it then in a *court-bouillon.* (See *court-bouillon.*) When your trout is done, drain it, unfold the cloth, and send it up to table on another clean cloth, with green parsley all round.

### N.° 2.—*Truite à la Genévoise.*

After having emptied your trout, you fasten the head with packthread, and stew it (without having removed the scales) with the *marinade.* This is to be dressed exactly in the same manner as the pike, which see above, (see *brochet à la Genévoise*) only put a little more cloves with your sauce, and make it with red wine instead of white.

### N.° 3.—*Filets de Truite à l'Aurore.*

Take up the fillets of your trout with the

skin off. *Parez* them in the shape of hearts. *Mark* them in a *sauté* pan with clarified butter, salt, and pepper. *Sautez* them on a clear fire, turn them over, and when they are done, dish them *en miroton*, and *mask* them with the *sauce à l'aurore*. (See Sauces.)

### N° 4.—*Truite saumonnée au four.*

Having emptied and scaled your trout, *mark* it in a circular shape, with its tail fixed in its mouth. Put your fish in a small quantity of *marinade* so that it be just covered. Baste it frequently, and let it be made of a fine colour. When it is done reduce one half of the liquor in which the trout has been stewing, have a good lump of fresh butter kneaded with flour, with a little *beurre d'anchois* (see Sauces), a few fine capers, salt and pepper, if the sauce is not sufficiently seasoned; but be cautious, when you use anchovies, not to put too much salt. Then squeeze the juice of a lemon, drain your fish, send it up to table, with your sauce under it, but without *masking*.

### N° 5.—*Truites à l'Anglois.*

After having emptied, scaled, and washed your fish, have some boiling water ready, into which put the trout with a good handful of salt

only, but no vinegar, as it spoils the colourof the fish. When it is done, drain it well, serve it up on a clean cloth, garnished with parsley. Send up the lobster sauce separately in a boat, or the Dutch sauce.

### LAMPREY.

ALTHOUGH very few people be partial to this fish, some, however, like it *en matelotte*, which is to be cooked in a similar manner to the eel. You must notice, however, that the lamprey requires a very long time before it is done. Make a *sauce à matelotte* (see Sauces) wherein you let your fish simmer for an hour and a half, or two hours if the fish be of a large size.

### CRAW-FISH.

CRAW-FISH is good only when it does not spawn, for then it is most shockingly bitter. Wash it well in several clear waters, till the water be quite limped and bright. Trim a stew-pan with a few slices of carrots, onions, roots and stalks of parsley, thyme, bay-leaves, two cloves, salt, pepper, vinegar, and water. Let the whole stew for an hour, drain it through a sieve, and put the live craw-fish into the seasoning. Keep stirring them almost without interruption, that they may be done all alike, for twenty

minutes. Keep them in the seasoning till you want to send them up to table.

### N° 2.—*Ecrevisses à la Poulette.*

When your craw-fish have been sent to table more than once, pick the lesser claws, cut the large ones by halves, beard them, pick the tail, put all these in a cloth, and shake it well that there be no water left. Then take two spoonfuls of *velouté* (see Sauces), a good lump of butter, pepper and salt, some chopped parsley, a little *cavice*, and the juice of a lemon. *Sautez* the craw-fish in that sauce, which must be thick, and send up to table quite hot.

### N° 3.—*Bisque d'Ecrévisses.*

This is a *potage* which is only sent to table, but upon gala days, when you are obliged to make a frequent change of *potages*. Take the smallest craw-fish you can procure, and what quantity you may want. Five or six dozen at least are generally requisite. First pick all the tails. If you boil your fish on purpose for the present occasion, you must not put vinegar. Lay aside two dozen and a half of the finest tails, those that remain entire. The rest, with all the meat, and fleshy parts of the inside pound in a mortar with the flesh of the breasts of two fowls

or chickens. Previously, you have soaked or even boiled in rich broth, the soft of two French penny bricks. Put that also in the mortar, the same as the yolks of three eggs boiled hard. Pound the whole together. Then wash the shells of your craw-fish, and boil them in a little broth; next take some of that liquor to dilute the *purée*; which rub through a tammy. Now boil a pint and a half of cream, which you keep continually stirring round, in order to prevent a skin being formed. Pour that cream into the *potage*, and season it well. Now let all the shells be put into the mortar, and pound them till they are made into a paste: dilute this paste with a little hot broth, then strain that *purée* through a tammy to obtain the colour. Mix this red liquor with your soup, or *potage*. Keep it hot, without its boiling. Soak a few rounds of bread, which lay at the bottom of your tureen. Pour your *bisque* into the tureen, over the bread, place the above-mentioned tails that you have laid aside for a while, all round the tureen over the soup, and serve up hot.

### N° 5.—*Ecrévisses pour Entrées.*

Your craw-fish, in this case, must be dressed as indicated, N° 1. They never serve but for a *garniture*, and then the small claws must always

be taken off. Mind to beard your fish, and that it be of a fine colour. Thus prepared you may use your craw-fish for either *chambords*, *godards*, *matelottes*, *les fricassées*, *les pâtés chauds*, *les aspics*, &c. &c.

There are many other sorts of fresh water-fish which seldom are sent to table, however, which are to be found in dormant waters, and which accordingly shall not be here mentioned. Those who fancy them, however, may either broil or fry them, as they would a carp.

### ALOZE, SHAD.

This fish is held in high estimation in France, and especially in Paris. It must be scaled, emptied, and washed nicely. Next it is to be *mariné* in a little oil, with pepper and salt. It is proper that it should be slit, that the salt may penetrate. Broil it on both sides over a slow fire. It will be done in the course of half an hour. When it is done, let it be served with a *sauce aux capres*, or *à l'oseille en maigre*. (See Sauces.)

# CHAP. XIV.

## SALT WATER FISH.

### TURBOT.

A TURBOT of a middling size is preferable to any other. When very large the meat is tough and thready. It was customary in France, and the same must be done in every country, to empty the fish and to wash out all the blood. We besides made an *eau de sel,* by which must be understood that as we had no white salt, we used to boil some of our grey salt in water, then let the water rest and strain it, next to lay the turbot over a sheet of paper in the fish-kettle. We used also to prick the white side of our turbot with a needle *à brider,* to prevent the skin from breaking, and to facilitate the salt penetrating to the very bone. We likewise rubbed the surface with lemon, and would put a few slices of lemon into the water; we then wrapt up the fish into buttered white paper, and let it stew, without boiling.

But in England a more expeditious method is practised, and which, in my opinion, is preferable: the fish preserves its natural savour, and is more firm, the method is as follows. Have some boiling water, whereinto you put your fish after having rubbed it over with lemon and salt. Throw into the water a large handful of salt; cover your kettle, and let it boil half an hour, or three-quarters of an hour, according to the size of your turbot. Then drain it and send it up to table on a cloth, with crisp green parsley as a garnish. The parsley is never eat, but the green colour improves the look of the fish. With regard to the cloth, it attracts the water from the fish, and of course makes it more susceptible of receiving the sauce. Lobster sauce in a boat. (See Sauces.)

N° 2.—*Filets de Turbot à la Maréchale.*

Take up the fillets of a turbot of a moderate size, take the skin off, and cut each fillet into equal pieces, either oval or in the shape of hearts. Season them with salt and pepper. Then beat the yolks of two or three eggs in a plate, and brush your fillets over with the eggs, next dip them into crumbs of bread first, into melted butter next, and into bread again. Now broil them till they be of a fine colour on a slow

but equal fire. Dish them *en couronne*, and pour over a *poivrade blanche*. (See Sauces.)

### N° 3.—*Filets de Turbot à la Créme.*

This is an *entrée de desserte*. When your turbot is returned from table, immediately take up the fillets, and skin them, if you do not do it when hot, it will occasion a great waste to trim them when cold. The next day you scollop your fillets, as equal as possible. You have a *sauce à la créme* (see Sauces) quite hot. Put your fillets into this sauce, keep them hot, and in due time send them up in a dish garnished with a *bordure*, or in a *vol au vent*. (See *Patisserie*.)

### N° 4.—*Gratin de Filets de Turbot au Velouté.*

This is another *entrée de desserte*. Proceed as above N° 3. Cut a few slices of bread, one inch broad and two lines thick. Dip these into an *omelette* of one single egg. Stick them on the border of your dish, which lay on the corner of a little stove. In proportion as you stick your bread, you turn the dish; when you have completed your circle, you put a spoonful or two of *velouté*, let it *gratiné* into the centre of the dish. Next take more of the same *velouté*, to which you add a good lump of butter, and mix

on the stove without boiling. Keep this sauce thick, pour into it a little thick cream; season it well; put your scollops into the sauce, and the whole in the dish wherein you have *gratiné* the *velouté*. Now level your fillets with your knife, strew crumbs of bread over them equally; heat a bored ladle, put a lump of butter into it, baste your scollops; let them have another coat of crumbs of bread, baste them again, and let them get a good colour with the salamander. When your *gratin* has got a good colour, take off the slices of bread that you had previously stuck round the dish, to make room for others that have been fried in butter of a fine colour.

### N° 5.—*Vol au Vent d'Escalopes de Turbot, au bon Beurre.*

This is an excellent *entrée de desserte*. You have been particular in cleaning the fillets of your turbot when returned from table as indicated N° 3. You cut them into scollops, and put them into a stew-pan, well covered, to prevent their getting dry. With regard to the sauce, take six spoonfuls of *sauce tournée* (see Sauces) which reduce with two spoonfuls of *consommé*. When the sauce is reduced, thicken it with the yolks of two eggs, and refine your sauce with at least a quarter of a pound of the

best butter. If you should have any thick cream, put in a little, as it will make your sauce more mellow. Now season well, put your scollops with the sauce, keep them hot, and send up the whole to table in a *vol au vent*. (See *vol au vent*.)

## N°. 6.—*Petites Timballes de Filets de Turbot, à la Vénitienne.*

This is another *entrée de desserte*, held in high estimation. It requires but very little meat of the fish to be made. You cut whatever is left of the turbot into dice, as small as possible. As for the sauce, take three spoonfuls of hot *béchamelle*, to which add a good lump of butter, salt, white fine pepper, a little parsley chopped very fine, and well squeezed in a towel, that it may not give a green colour to your sauce. Then put a little *cavice* (that of Mackay's at any rate) which is the composition which agrees the best with all fish sauces. Keep stirring your sauce, which is generally called working it. We likewise call *vanner*, taking the sauce into the ladle, and pouring it perpendicularly into the stew-pan, and repeating the operation frequently and with great expedition, to make your sauce transparent. When it is mellow, and of a good taste, throw in your small dice of turbot, keep them hot, and when ready to send up to table

garnish your little *timballes* with the turbot. Let them lay for a moment in the oven, and serve them up hot. (See *Timballes.*)

N° 7.—*Turbotin grillé, Sauce aux Capres.*

After having emptied and washed your fish clean, make an incision in the back, down to the bone; then wipe it quite dry; next lay it in a dish to *marinate* in salt, pepper, and sweet oil. Half an hour, or even three-quarters of an hour before dinner time, broil your fish over a slow fire. It is requisite to lay some straw on the gridiron, to prevent its making black streaks on the turbot, which broil on both sides, and serve up with *la sauce aux capres.* (See Sauces.)

BARBUE.

This is a very delicate, and very luscious eating when broiled with *sauce aux capres.* It is to be cooked exactly in the same manner as the *turbotin,* N° 7. It is also eat *à l'eau de sel, sauce au homard* (see *Turbot,* N° 1), and in fillets *à la Maréchalle.* (See *Turbot,* N° 2.)

SAINT-PIERRE.

John Dorie is a fish of hideous aspect, but the meat of which is very delicate. Cook it in the same manner as the turbot; and when

broiled send it up with *sauce aux capres*, or *aux anchois*.

SALMON.

SALMON from the Thames is the most esteemed, and sold accordingly. Salmon is served indiscriminately as *poisson*, *entrée*, *entremets*, and *rot* (*en maigre*). Crimp salmon fetches the highest price, and is the only one introduced at the table of a true connoisseur.

N°. 1.—*Dalles de Saumon, sauce au Homard.*

IT is to be observed that fish, according to the English way, is always boiled *à l'eau de sel*. Some sorts of fish require a little vinegar, salmon does not, it spoils its colour. *Dalles* are done within a quarter of an hour. You put your fish into some boiling water, with plenty of salt. Let it boil very fast which makes it more firm. As soon as it is done, drain it, for if you were to leave it in the water it would lose both its savour and colour. If it is not time yet to send it up, leave it over the water on the sheet, and dip it into the water when called for. Serve it on a clean cloth, garnished with crisp green parsley. (See *Sauce au homard.*)

N° 2.—*Dalles de Saumon grillées, sauce aux Capres.*

MARINATE your slices of salmon in a little olive oil, with salt and pepper. Three-quarters of an hour before you send it up, broil them on a very slow fire, and turn them on both sides. When your salmon is done, take off the skin, drain it on a clean towel to draw out all the oil. Dish it, and *mask* it with *la sauce aux capres.* Let it be understood that your gridiron has been put in a slope, with a *plafond* under the fore-feet to receive the oil, which, if it fell into the fire would spoil the fish, and fill the kitchen with smoak and stench.

N° 3.—*Saumon au court-bouillon.*

SALMON is seldom eaten *au court-bouillon* in England, for which country this work is chiefly intended. You may see (*carpe*, N° 3) in what manner *court-bouillon* is prepared. Many noblemen and gentlemen have carp on their estates, which they may eat cooked in this way; but as they must buy the salmon, they prefer eating it with lobster or anchovy sauce.

N° 4.—*Côtelettes de Saumon sautées à la Maître d'Hôtel.*

CUT some slices of salmon in the shape of

chops. *Mark* them in a *sauté* pan with some clarified butter, pepper, and salt, and *sautez* or toss them, when dinner time is come, over an equal fire. Drain the butter well, and dish your slices of salmon *en couronne*. Send up with *la maître d'hôtel*. (See Sauces.)

### N° 5.—*Salade de Saumon.*

This is an *entremets* which is recurred to from economical principles, when there is any salmon left. Let it cool, cut it nicely into hearts, or square lozenges. These decorate with fillets of anchovies, pickled cucumbers, fine capers, and chopped eggs, to which you add a few hearts of lettuce. Then use *la rémoulade*. (See Sauces.) If you should have some jelly, make a kind of *mayonaise*. Take a few spoonfuls of oil, with an equal quantity of jelly seasoned with pepper, salt, and chopped *ravigotte*. Beat all these over the ice, till they be of a white colour, and decorate your sallad with this *mayonaise*, and a few lumps of jelly. Beware not to make any of those decorations that will tumble down. A plain good sallad is eat in preference to any other. Grand decorations are intended to ornament the centre of the table, whereas what is to be eat must be plain and good. Avoid above all things introducing artificial colours. Nature has

supplied you with nasturtium, red and white beet-root, beans of two colours, white and green; with chervil, tarragon, pimpernel, &c. besides you have white or yellow omelettes. Never put any fish in a sallad of fowl, for if the fowl tastes of fish, what will you have your sallads *maigres* taste of? In summer time you have asparagus, artichoke-bottoms, cauliflowers, &c.

Salmon is also cooked in different other ways, which ought not to be done. This fish being oily, will not admit of those many metamorphosis. I have seen salmon-pies sent to table, petty patties, and scollops of salmon in paper cases, *croquette* ditto, and *bonne morue*, all which *entrées* are good for nothing, and the best proof of the truth of this assertion, is, that no one will ever taste them. If, notwithstanding you would wish to try, the process is the same as for dressing turbot or haddock. However, if you will follow my advice, you will never attempt any other *entrées* than those herein described.

### N° 6.—*Saumon à la Genévoise.*

You must scale, empty, and wash your salmon clean. Then follow the method indicated. (*Brochet*, N° 2.) The sauce is exactly the same.

N° 7.—*Saumon, sauce matelotte.*

MAKE a *marinade* in which stew your salmon. When it is done pick off the scales carefully. Pour the *marinade* over the salmon to keep it hot. Then make a *sauce matelotte* in the following manner. Reduce two bottles of red wine to one; put a good beat of butter and two spoonfuls of flour into a stew-pan, and make a *roux*. When it begins colouring, throw four or six onions into your *roux*, and then let them melt. Then moisten with your wine; add a few spoonfuls of *marinade* in which you have been stewing your salmon, the trimming of mushrooms, a bunch of parsley and green onions well seasoned; a small piece of glaze, season the whole, and put a little sugar to correct the acidity of the wine; drain the grease, and keep your sauce thick. In case it should not be thick enough to *mask* with, use a lump of butter kneaded with flour, and some butter and a *beurre d'anchois* (see Sauces) with the juice of a lemon. Drain your fish, and *mask* it with your sauce, after having drained it through a tammy.

## ESTURGEON.

N° 1.—*Esturgeon à la broche.*

FASTEN your sturgeon on the spit. Then

make a *marinade* with carrots, parsley, onions, roots of parsley, butter, spices, &c. Stew all these over a slow fire. Moisten with a bottle of white Madeira, and let the *marinade* stew well. When it is done, drain it through a sieve, and use it to baste your fish whilst roasting. Let it get a fine colour: for this purpose take a little *Espagnole*, or *sauce tournée*, (see Sauces) which reduce with part of the *marinade*, and drain all the grease. Now have a *beurre d'anchois*, and if your sauce be not thick enough to *mask* with, add to it some butter and flour kneaded together, and at any rate a good lump of butter, and the juice of a lemon. This sauce must be high seasoned: use it to *mask* your fish.

### N° 2.—*Esturgeon au four.*

The same process as above. Make a *marinade* which pour out into a vessel large enough to contain your fish, which cover with buttered paper, to prevent its getting too high a colour. Baste frequently with the *marinade*. When your sturgeon is done, have your sauce made as above, and use it to *mask* your fish.

### N° 3.—*Esturgeon à la Ude.*

Boil your sturgeon in an *eau de sel*. When it is done *mask* it with the following sauce.

Reduce in a small stew-pan four spoonfuls of elder vinegar. When it is half reduced, you put in six spoonfuls, or rather a quantity proportionate to the size of the fish, of *velouté*, half a spoonful of *cavice*, a very large lump of butter, with salt and pepper. Work this sauce well; drain your fish, and *mask* it with the sauce. In order to keep it thick and white, mix with it a little thick cream.

N° 4.—*Blanquette d'Esturgeon à la Paysanne.*

When you have some roasted sturgeon returned, you must mind to keep it to make a *blanquette.* *Parez* some round pieces nicely, and put them into a *sauce à blanquette*, to which you add a little chopped parsley, and the juice of a lemon. This *blanquette* is sent to table like all others in a *vol au vent*, or a *casserole au ris.*

N° 5.—*Blanquette d'Esturgeon aux Pois.*

If you have any sturgeon left, and that it be very fresh, make a *blanquette aux pois*, which not requiring to be high seasoned will admit only of fish extremely sweet. (See Sauces.)

N° 6.—*Croquettes d'Esturgeon.*

Sturgeon is a fish absolutely resembling veal;

when fresh it is as white as the finest veal. If it be red, there is nothing to be done with it. If, when there is any returned, you should find it very white, and that there should not be a sufficient quantity to make a *croquette*, make small *timballes* (see Pastry), cut the sturgeon into dice, and put them into a sauce similar to that indicated above. (N° 6.—*Timballes de Turbot.*) After having cut enough fish into dice to make your *croquettes*, take a *velouté* reduced and some mushrooms cut into dice, to which add a small lump of butter, salt, &c. and lay your fish in that sauce. Let them cool, and then dip them into crumbs of bread as prescribed for other *croquettes*. Serve some fried parsley in the centre of the dish.

### COD. CABILLEAU.

N° 1.—*Morue fraiche, dite Cabilleau à la sauce aux Huîtres.*

After having emptied your cod, you must open the white skin of the belly, and wash it carefully all along the bone, that there be no blood at all left. Mind that your fish be absolutely white. Then lay it in a fish plate with *l'eau de sel.* Do not boil it too long, for it would become soft. When done drain it and

send it up on a clean cloth, garnished with parsley. The *sauce aux huîtres* (see Sauces) to be sent up in a boat.

### N° 2.—*Cabilleau à la Crême.*

PREPARE and boil your cod as above. But after having drained it, take the skin off, and *mask* the fish with *sauce à la crême.* (See Sauces.)

### N° 3.—*Escalopes de Cabilleau en bonne Morue.*

THIS is an *entrée de desserte.* If you have any cod left, take up the scollops, by which is meant that you take off all the skin and the bones. You have a *sauce à la crême, en maigre* (in Lent, or on a fast day), and *en gras,* you take three spoonfuls of *béchamelle,* a good lump of butter, and work that sauce over your stove, and season it with pepper and salt. When your sauce is well mixed with the butter, you put in your scollops ; stir them well that the sauce may be imbibed all round the fish. Let the fish stand a moment till it be cold, then make a *bord de plat* with slices of bread fried in butter. Dish your scollops, level them smooth with your knife, dust them over with crumbs of bread, baste them with butter; repeat both these operations, use the salamander to give your fish a colour,

and serve up with toasts of bread, one round, one oblong, &c.

### N° 4.—*Vol au Vent d'Escalopes de Cabilleau à la Crême.*

This is another *entrée de desserte*, but the same as that above, it is as good as if it were made fresh, as must always be the case when there is any company invited. Make the same sauce as for that above, only keep it a little thinner. Your *vol au vent* being *marked* in a dish, you put in your scollops, only when you are going to send your dinner up. *En maigre* you use the *sauce à la crême.* (See Sauces.)

### N° 5.—*Escalopes de Morue fraiche à la Maître d'Hôtel.*

Make a *maître d'hôtel* (see Sauces), into which put your scollops; season them pretty high, and with the addition of the juice of a lemon. Send them up to table quite hot, for a cold dinner is good for nothing.

## MORUE SALÉE.

### N° 1.—*Morue salée à la Maître d'Hôtel.*

Before you boil your fish draw out the salt. That which has a black skin is reckoned the best

in general. Let it be done in a large vessel, that it may be at ease, but do not let it boil. The moment it is beginning to boil, take it off from the fire, and keep it in the water well covered; it then will be tender, but if it should boil it will be tough and thready. *Mark* a *maître d'hôtel* with a good lump of butter, a spoonful of flour, four or five spoonfuls of water, and a little salt. Now taste your fish, and if required put a little more salt and pepper. Then put it on the fire again, without allowing it to boil. When your sauce begins to thicken, work it well that it may be more mellow. Have some parsley chopped very fine, mix a pinch of it with a little glaze and the juice of a lemon. Then taste your sauce. If it be too brown, put in a little thick cream, which will at once make it white and more mellow. Take off the skin and bones of your fish, and put it into the sauce, shaking it gently, for fear of breaking it. Send it up either in a *vol au vent*, or in a deep dish with *croutons de feuilletage*.

### N.° 2.—*Morue salée à la Provençale.*

After having drawn out the salt, and done your fish as above, you pound two or three heads of garlick, which you throw into a stew-pan with two spoonfuls of oil, a lump of butter,

some salt, and whole pepper. Then keep shaking the stew-pan with its contents. Put in your salt cod quite hot, and keep shaking till the whole be well mixed together. If you should find that it be not liquid enough, add a little oil, and a spoonful of *velouté*. Such *entrées* require being high seasoned, and will induce your guests to send the bottle round freely.

### N° 3.—*Morue salée à la Créme.*

The same process as above. (See N° 4, *Cabilleau.*) You may send it up to table in a *vol au vent*, or a *bord de plat panné*, &c.

### N° 4.—*Morue salée à la bonne Femme.*

This is the same thing nearly as in N° 1. Only you boil some potatoes, let them stand till they be cold; turn them into corks, and then cut them into round slices much about the size of half a-crown piece, which serve with the *morue à la maître d'hôtel.* Taste and season well.

### N° 5.—*Morue salée à la Lyonaise.*

The same manner for ever of dressing salt fish. Cut some onions into dice, which you fry in butter till they be very brown. Dust them over with a little flour. Moisten with broth, if

*en gras;* and if *en maigre,* with *bouillon de poisson,* or sweating. Let the onions be well done; drain them well, and season them the same. Now mix a good lump of butter, put your fish into the sauce and serve up quite hot.

### N° 6.—*Morue salée à l'Angloise.*

Draw out the salt, as above, in the French way. Have some parsneps well done, which you dish round your fish. Boil a few eggs hard, chop them, and throw them into a *sauce au beurre,* which send up in a boat.

## WHITINGS.

### N° 1.—*Merlans pannés, grillés.*

Empty your whitings, scale them, but mind your preserve the liver, which is very delicate. When you have washed and wiped them clean, slit the back on both sides. Break and beat the yolk of an egg with a little salt and pepper. Now take a brush, and rub your whiting over with this *omelette.* Then dip your fish into crumbs of bread, next into melted butter, and crumbs of bread again. Broil it of a fine colour, and serve it up. The sauce is to be sent up separately in a boat, whether it be a *maître d'hôtel,* a *beurre d'anchois,* a *sauce blanche,* &c.

&c. If you were to pour the sauce over the fish, your whiting would not prove palatable and the sauce will get too thick.

### N° 2.—*Filets de Merlans à la Orlie.*

After having scaled, emptied, and washed your whitings, take up the fillets. *Parez* them nicely on both sides, without damaging the skin. Cut each fillet, and the remainder into equal pieces, and put them into an earthen-pan with a few stalks of parsley, a few shalots, also shred, salt, pepper, and the juice of a lemon. Keep stirring the whole in the lemon-juice. Let it *marinade* for about three hours. You then drain your fillets on a clean towel. Now beat the whites of two eggs, so that they may stick to the fillets. Mix some crumbs of bread and flour, dip your fillets into the whites of eggs, the crumbs of bread and flour, and fry the whole, when wanted only, in very hot dripping, that it may be served up hot, with a *poivrade blanche*. (See Sauces.)

### N° 3.—*Quenelles de Merlans.*

The same process as for other *quenelles*. The mixtures are the same. You may make a vast number of *entrées* with *quenelles* of whitings, such as *quenelles à l'Allemande* in a *vol au vent*,

a *casserole au ris*, and *boudins* which you have poached and made cold. Brush them over with an *omelette* and crumbs of bread, and fry them. Serve under an *Italienne rafinée* with a good lump of butter, &c.

### N° 4.—*Boudins de Merlan à la Ude.*

Make a *farce à quenelles*, as for other *quenelles*. Take the eggs of a lobster, which pound well, and strain through a sieve with a little butter. Mix well the whole with your *farce à quenelles*. Then mould two *boudins* of the diameter of your dish, if it be a round one, of the same length if it be not. Poach them. When they are done, drain them on a clean towel, let them stand to cool that they may become firm. You then have the tail of a very red lobster, which you have preserved very red, scollop the tail in several pieces. Now slit the *boudins* and introduce those pieces of lobster, the very same as if you were making a *conti*, observing to put the red part upward. When your *boudins* are equally decorated, lay them in a dish, which you cover, and lay them for a moment in the hot closet in order to keep the *boudins* hot. With respect to the sauce, take two spoonfuls of *sauce tournée*, which reduce with an equal quantity of *consommé*, and a thickening of two yolks of eggs.

Work your sauce with half a quarter of a pound of butter, well seasoned with very little pepper, salt, and a little lemon-juice. Keep your sauce rather liquid, in order to *mask* the intervals between the *boudins*, and the *contis* of lobster. If you will pay any attention to the making of this *entrée*, besides a very pleasing appearance, it will be found a relish.

### N° 5.—*Filets de Merlans à la Maître d'Hôtel.*

Take up the fillets of four whitings, after having washed them clean. Cut each fillet in two, brush them with yolks of eggs, seasoned with pepper and salt, and next with melted butter. Broil them of a fine brown, dish them *en miroton*, and *mask* them with the *maître d'hôtel*.

*N. B.*—Fillets of whitings never answer when *sautés*, as they have not substance enough, and, altogether, I do not approve of their being dressed in that style.

### N° 6.—*Paupiettes de Filets de Merlan.*

Take up the fillets of your whitings, and *parez* them equally. Spread some *farce à quenelles* over the white side; then roll your fillets. Erect a small dome with some of the same *farce*, in the dish you mean to send up your fish in. Lay one row of fillets round the dish. Put *farce* enough to support the second middle row, and

finally put one or three fillets in the centre of the dish, according to the room that is left. Powder over with a little salt, then cover your fish with buttered paper, that your fillets may be baked without getting dry. They will be done in the course of twenty minutes. Then take them out from the oven, and wipe the dish clean. Put a good lump of butter into an *Italienne*, with a little *beurre d'anchois*, work your sauce, season it well, and *mask* your fillets with the sauce. *En maigre* you only use a *maître d'hôtel maigre*. (See Sauces.)

### N° 7.—*Merlans entiers au gratin.*

After having scaled, emptied, and washed your whitings, you wipe them clean. Mind not to lose the liver. Take a silver dish if you have one, if not a baking-pan. Rub the bottom over with butter, dust over with parsley and mushrooms chopped very fine, over which lay your whitings. Then take some rasps of bread, that are not burnt, and powder them over your whitings, with a little pepper, salt, and nutmeg; then again dust them over with sweet herbs; namely, parsley and mushrooms chopped very fine. (If shalots are approved of you may add some.) Next lay small lumps of butter on your whitings, and pour over them a glass or two of

white wine, and bake them in a hot oven. They will be done within a quarter of an hour, or twenty minutes, according to their size. Serve them up with the juice of a lemon, and no other sauce. This is a very palatable dish, but common.

### N° 8.—*Merlans frits.*

According to the French fashion we do not flay the whitings; we only slit, and then fry them in very hot dripping, and serve them without any sauce. In England you take off the skin, and fasten the tail in the mouth; and dip them into an *omelette*, then in a little flour and crumbs of bread. You fry them of a fine colour, and serve them up on a cloth, garnished with parsley, and send the shrimp sauce in a boat.

## SOLLES.

### N° 1.—*Solles au Water Suchet.*

Take some very fresh soles; scale the white side, and skin the black one. Empty all the intestines and wash your fish in several waters. When they are quite clean, boil them in a *water suchet*, which is made as follows.

Take some roots of parsley, which cut into slices as for a *julienne*, about one line thick and

one inch long. Put these roots into some water with a bunch of parsley, green onions, thyme, bay-leaf, and a little salt, and let them stew for an hour. Then stew your soles. When they are done, have ready some leaves of parsley, (without stalks) which have boiled separately in salt and water. Drain your soles, that the parsley-roots, cut into slices above-mentioned may stick. You then put your soles into a tureen, or a deep dish, with some of the liquor in which they have been stewed, and which you drain through a silk sieve. Throw in the roots of parsley and the leaves, and send up your *potage* without any bread in it; but in a separate plate, send up a few slices of rye-bread and butter. This must be salt like sea water.

Perch may be dressed in this manner also.

### N° 2.—*Paupiette de Filets de Solles.*

See *paupiette de filets de merlans.* The *farce* must be made of carp, or of whiting. The meat of soles not blending with other ingredients. You may retain the skin on your soles, provided you scrape them well. You dish alternately a white fillet and a black one, so that they look better. The same sauce as for the whitings.

N° 3.—*Filets de Solles sautés à la Ravigotte.*

First scale your soles, and wash them, but do not empty them. Take up the fillets; by running your knife between the skin and the fillet, and leaning pretty hard on the table, you are sure they come off very neat. Cut them in two. *Mark* them in a *sauté* pan with some clarified butter, and dust them over with pepper and salt. When dinner time is come, *sautez* them over a very brisk fire, turn them over, and then drain them on a sheet of white paper. Dish them either *en couronne*, or *en miroton*. Cover them, and keep them hot. Do not forget to drain the water issued from your fillets before you pour your sauce over them. (See Sauces, *ravigotte à la créme*.)

N° 4.—*Filets de Solles à la Orlie.*

The same process, and the same sauce as above. (See *filets de merlans*, N° 2.)

N° 5.—*Timballes de Filets de Solles à la Vénitienne.*

When you have served soles, either fried, or boiled, you must preserve a sufficient quantity to make an *entrée* on the following day. *Parez* well the skin, cut the meat into small square fillets first, and then into small dice. Take two

spoonfuls of *béchamelle*, which mix with a lump of very fresh butter; add to it a little parsley chopped very fine, a tea-spoonful of *cavice* (from Mackay's), half a tea-spoonful of elder vinegar. Keep the whole hot, without boiling. Put your small dice of fish into this sauce, season it with pepper and salt; fill the little *timballes*, and serve up quite hot.

### N°. 6.—*Vol au Vent de Filets de Solles à la Créme.*

This is another *entrée de desserte*. *Parez* the skin; cut your soles into round pieces of the size of about half-a-crown. Then *en maigre*, have a *sauce à la créme*, and *en gras*, take four spoonfuls of *béchamelle*, mixed with a good lump of butter, a little salt and pepper. Let your sauce be made hot without boiling, put your soles into the sauce, and the whole fish and all into the *vol au vent*. The sauce must be kept rather thick.

### N°. 7.—*Filets de Solles à l'Aurore.*

Take up the fillets of four soles; skin them on both sides. Now that you have ready a *farce à quenelles*, made of whitings, introduce the eggs of lobsters, to make it look reddish. Spread this *farce* over each fillet, then roll them in th

same manner as the *paupiettes*. Then skewer them with silver skewers, three to each skewer; dust a little pepper and salt over your fillets. Season the *farce* rather high. Lay your skewered fillets in a baking-pan, cover them with layers of bacon, and bake them. When they are done, take off the skewers, *parez* the *farce* that has over-reached, and dish them neatly. With that part of pounded lobsters'-eggs, which you have kept aside, mix two spoonfuls of *sauce tournée*, void of grease, with a good lump of fresh butter; drain the whole through a tammy, in order that your sauce be thin. Add to it a little *beurre d'anchois*, with pepper, salt, and lemon-juice. Keep your sauce hot, and *mask* your fillets.

### N° 8.—*Solles à la Miromesnil.*

Take three soles, which scale on both sides, and empty them nicely without too much affecting the flesh. Make an incision on the black side. Fry them without dipping them into flour. When they are done, drain them on a clean cloth; open the place where you have already made a cut; cut the bone near the head and the tail, and draw it out. Let your fish cool. Make a *maître d'hôtel* cold, that is to say, mix a lump of butter with some parsley chopped very fine, pepper, salt, and the juice of a lemon.

Divide that butter into three equal parts, and put each inside of the opening of the soles, close the opening, and make the whole stick by means of the yolk of an egg, put a few crumbs of bread at the joint. Then dip your soles into an *omelette* of two eggs, and next into crumbs of bread, equally on all sides. When dinner time is come, fry your soles in hot dripping. They are done as soon as they have got a colour. The sauce is found in the sole itself. This is what we call in France an *entrée bourgeoise*.

N° 9.—*Aspic et Salade de Filets de Solles.*

It is occasionally requisite to dress soles on purpose to make either *aspics*, or a sallad; in which case it is better to fry them with the skin, than to take up the fillets and to *sautez* them. When they are fried the fillets come off neater, and without any scum. If, however, you have sent up to table an *entrée*, or a dish of fillets of soles, that has been returned untouched, you may make a *salade* with them. *Parez* your fillets nicely. Contrive always to procure some green sallad, of any sort, to dish them with. Nature will always supply you with agreeable colours, without your ever painting whatever is intended to be eat. I like to see a bed of fresh sallad, or of mustard seed, on a dish. Then

dish your fillets *en miroton;* ornament them with beet-root, nasturtium, small white onions stewed, chervil, pickled cucumbers, red turnip-redishes; but above all things, take care not to lose time in ornamenting your *salades,* and that the sauce be not poured over the decoration. (The sauce for a sallad is to be found at the article of sauces *froides,* or *crues.*) The *aspic de filets de solles,* is hardly admissible except at balls, when the multiplicity of dishes may require their being introduced; but in general it is but a very indifferent article. (See Sauces *aspic.*) First brush the mould all over with oil, put a little *aspic* in a mould to acquire a substance; when the *aspic* is chilled, do whatever your skill and ingenuity may suggest. This work is only a theoretical treatise, wherein it is impossible to detail what relates to taste alone. Use a little liquid to stick what you have decorated. When you have completed this, put it in the ice. When become a solid substance, put a little *aspic,* which let get into jelly. Then place your fillets; stick them together before you fill the mould; when they are quite solid, fill the mould, and when the contents are become solid also, rub the mould outside, with a towel dipped into hot water, that it may empty and turn neater.

N° 10.—*Croquettes de Fillets de Solles.*

Several books mention *croquettes de saumon, croquettes de morue*, which, indeed, are not eatable. Sturgeon and soles are the only two sorts of fish, that have a sufficient firmness to allow their being made into *croquettes*. The more a fish is presented to the fire, the more its taste becomes unpalatable. With regard to the *croquettes* of soles, reduce your sauce, throw your small dice into the sauce, season them well, and put the whole preparation in the ice. When cold, cut them into equal parts on a dish. Roll them either round, or oval, but never into pears; dip them into an *omelette* of three eggs, two whites of which you have laid aside, with a little salt, and then into crumbs of bread. Dip them once only into the *omelette* fried, and serve them up with crisp fried green parsley. *En maigre* you make a *sauce à la crême* rather thick. *En gras*, take some *velouté* well reduced, a little butter, pepper, and salt, and do as indicated above to the other *croquettes*.

N° 11.—*Filets de Solles à la Turque.*

Take off and *sautez* the fillets as indicated (*Entrées de Solles*). You have some rice swelled, and made soft in good *consommé*; mix it with a few spoonfuls of good *velouté*, to put in the middle of the dish: this rice must be thick, in

order that it may be dished in a pyramid. To *mask* the soles, take three spoonfuls of *velouté*, a good lump of butter, a tea-spoonful of *cavice*, a little salt and pepper. Work this sauce well, and *mask* the fillets only. The rice is to form the centre of the turban, as implied by the title.

### HARENGS-FRAIS.

Herrings are an excellent fish; but the flesh is so delicate that no cook attempts to dress them otherwise than broiled or fried. Those with soft roes are the most delicate. You know them to be very fresh when the eyes are very red, and the scales shine bright. You must broil them over a brisk fire, but never wash them. You must empty and scale them carefully, cut off a small piece of the tail, and of the head. Send them to table with the *sauce à la moutarde*. (See Sauces.)

### N° 1.—*Laitances de Harengs en caisse.*

Your herrings must be very fresh. Have a paper case, either round or square; spread some butter at the bottom; then open the number of herrings you think proper, and put the soft roes into the case, without breaking them. Dust them over with a little pepper, salt, rasped bread, parsley chopped very fine, and put a few

small lumps of butter over them; then bake them in a very hot oven. As soon as they are done, put a little *maître d'hôtel* in the case, with the juice of a lemon. Send them up quite hot and very firm.

### GROUDINS. PIPER.

This fish is seldom eat in England. It is to be boiled in *eau de sel*, well drained and served either with *sauce aux capres*, or a *maître d'hôtel*. You may dress it in fillets as you do the fillets of soles. It may also be baked.

### ROUGET. RED MULLETS.

This fish although of the same make as the *groudin*, is more delicate, besides it is of a fine pink colour, as the French name indicates. It is to be stewed also in *eau de sel*, and serve up with *wasterfiche*, a *maître d'hôtel*, or *la sauce aux capres*.

### MAQUEREAUX.

#### N°. 1.—*Maquereau grillé à la Maître d'Hôtel.*

Mackarel is a fish generally esteemed by all ranks of people. The rich eat it on account of its good savour, the poor because it is cheap. It must not be washed, when intended to be

broiled. Empty and wipe it well. Open the back, whereinto introduce a little salt and oil. Broil it on a gentle fire; turn it over on both sides and likewise on the back. With the point of your knife try if it be done, by detaching the bone from the flesh. Some people will stuff it with butter kneaded with chopped parsley, pepper, salt, and the juice of a lemon, but for a nobleman's table it is better to send it up with a *maître d'hôtel fondue.* (See Sauces.)

### N°. 2.—*Maquereau bouilli à l'Angloise.*

When your mackarel have been emptied and washed clean, put them into boiling water, with a handful of salt, and let them boil very fast, that they may be more firm. When they are done, drain them, and serve them on a cloth with green fennel all round. As for the sauce, blanch some fennel in salt and water. When it is quite soft, drain it, chop it, and mix it with the *sauce au beurre.* Gooseberries are also used for the sauce. Blanch them, when soft lay them in a hair sieve to drain. Squeeze them with a wooden spoon, and strain them though a hair sieve. Throw the pulp into a stew-pan with a little sugar, and when hot send up your sauce in a boat.

N°. 3.—*Filets de Maquereaux à la Ste. Menehoult.*

Take the fillets of three mackarel, cut your fillets into two. *Parez* them equally, season them with pepper and salt; then take the yolks of two eggs, beat them well and rub your fillets over with the brush: dip them first into crumbs of bread, next into melted butter, and then into crumbs of bread again. Broil them of a fine colour, and serve them up *en miroton* without being *masked* with *la maître d'hôtel.*

N°. 4.—*Filets de Maquereaux sautés à la Maître d'Hôtel.*

Take the fillets of three mackarel, cut them in two, *mark* them in a *sauté* pan with some clarified butter, salt, and pepper. At dinner time *sautez* them on both sides. When they are done, drain, dish, and *mask* them with *la maître d'hôtel.*

N°. 5.—*Filets de Maquereaux à la Ravigotte.*

*Sautez* them as those above. For *la ravigotte à la crême.* (See Sauces.)

N°. 6.—*Timballe de Laitances de Maquereaux à la Sefton.*

Take the soft roes of four large mackarel. Do not wash the fish, for the roes then would

turn black and soft. *Mark* your soft roes in clarified butter, without any salt; cover them with the butter, and either bake them in the oven, or let them sweat on a stove. Take care not to break them. When they are done lay them on a sheet of white paper to drain: dust a little salt over them, cut them into small dice as neat as possible. Put these in the *petits pâtés*, which keep hot, and make the following sauce, which is also to be put into the *petits pâtés*. Take two spoonfuls of *velouté*, and one spoonful of *consommé*, which reduce. When your sauce gets thick, add to it a good lump of butter with some pepper and salt. Refine your sauce with some thick cream. Keep the sauce hot, fill the *pâtés* wherein are the soft roes, and let the sauce be liquid enough to penetrate the soft roes. Of all things send up quite hot. This *entrée* is much esteemed by the daintiest epicures.

*N. B.* If you have a grand dinner, four mackarel will make two *entrées* without any connoisseur having occasion to find fault, as they will both differ in taste as well as in appearance.

### VIVE GRILLÉE. SEA-DRAGON.

Sea-dragon is a fish that is seldom eat in England, although in France it is frequently

sent up to table. Towards the gill there is a most venomous bone. We always broil it, and serve it up with a *beurre d'anchois.* or a *maître d'hôtel.*

### ANCHOIS.

Anchovies are a salt fish that are of great service, and of frequent use in cooking. Essence of anchovies is a thing which a skilful cook must never use. Make a *beurre d'anchois* yourself. For a dozen of anchovies, a quarter of a pound of butter will do. First wash your anchovies, so that no lime whatever remains. Take off the bones and fins. Pound the meat with the fresh butter. When well pounded rub the whole through a hair sieve, and secure it in a gallipot well covered. Use your *beurre d'anchois* when wanted, for either *canapés,* sallads, or fish sauce: anchovies are very seldom used with meat.

### EPERLANS.

Smelts are most generally fried. In the French way after having wiped them clean, we skewered them in a row, through the eyes, dipped them into flour and fried them in oil. In England they are dipped into an *omelette* and crumbs of bread mixed with flour. They take a fine colour. Send them up with fried

parsley round them. If you choose to do it you may boil them in *eau de sel,* like any other fish, and send them up to table with shrimp sauce in a boat.

### RAIE.

#### N.° 1.—*Raie aux Capres.*

STEW your skate in a *marinade,* that is to say, in a vessel with water, vinegar, salt, pepper, a sliced onion, parsley, green onions, bay-leaves, and thyme. When it is done, pick it neat, remove it to another clean vessel, pour over it some of the liquor in which it has been boiling, then drain it and send it up to table, either entire, or in pieces with *la sauce aux capres ;* or in hearts, *masked* with the *sauce aux capres.*

#### N.° 2.—*Raie au Beurre noir.*

FRY some parsley very green. Dish your skate according to your fancy. For an *entrée* you must either cut it into hearts, or rounds. Put the fried parsley in the middle of the dish and the *beurre noir* under the fish.

#### N.° 3.—*Raie à l'Angloise.*

TAKE off the skin. Boil it in *l'eau de sel,* and send it up on a clean cloth with shrimp sauce, or *la sauce au beurre d'anchois* in a boat.

N°. 4.—*Petites Raies fritées.*

When your skates are very small, you pickle them in vinegar, salt, pepper, a sliced onion, some parsley, and lemon-juice. You next drain them and dip them into flour. Next fry them in rather hot dripping and send them up either with or without sauce.

### MIROTON DE CARLETS A L'ITALIENNE.

Cut each flounder in two and take out all the bones. Butter a dish *d'entrée* and dish your flounders *en miroton;* dust them over with salt, pepper, grated nutmeg, chopped mushrooms, parsley, green onions, and raspings; to which add a little butter. Then bake them. When they are done drain the butter and send them up with an *Italienne en gras,* and caper sauce *en maigre.*

### LIMANDE.

See flounders. Plaice can only be fried or made *en miroton.*

### HOMARD.

Lobsters are boiled in the same manner as craw-fish, but would have a better savour, if it were possible to procure sea water to boil them in. Several *ragoûts* are made of lobsters. *Pâtés*

for *entrées; salades* for *entremets;* fish sauce and *les émincés* in the shell, &c.

N° 1.—*Petites Timballes de Homard au velouté.*

Cut according to their size one or two lobsters into small dice; put them in a sauce similar to that of *pâtés* of fillets of soles, and serve them up quite hot. No eggs are required. They must be white. This is an *entrée.*

N° 2.—*Emincé de Homard dans les Coquilles.*

This is an *entremets.* Take one or two lobsters according to the size of your dish, or the number of people you have at dinner. Cut your lobster in two without breaking the shell. Clean the inside of the shell, cut the meat of the lobsters into small dice; retain the kind of *farce* that is inside. Then take one or two spoonfuls of *velouté,* a small lump of butter, a little salt and pepper, and keep stirring that sauce over the fire. When it is quite hot, throw the meat and *farce* into the sauce; and lay the whole in the shells. Now strew over twice crumbs of bread, and keep basting with a little butter. Give it a colour with the salamander and keep your fish hot. Never let it get a colouring in the oven, as it would taste too strong.

N° 3.—*Sauce aux Homards pour Poisson.*

Take off all the meat which cut into small dice. Pound the eggs with a little butter, in order that they may stick together, rub that through a sieve. You have a *sauce au beurre* rather thick, with which you mix your eggs, add a little anchovy butter. Mix your sauce well before you put in the meat; then add a little *cavice* (from Mackay's) and one or two spoonfuls of cream, with a little salt. Never allow this sauce to boil, but send it up to table in a boat.

N° 4.—*Salade de Homards.*

See *salade de filets de solles* and *mayonnaise*; the sauce is to be found in the other sauces. The shape you give your sallad depends on the form of the dish you use. Jelly is not properly used for sallads of fish, unless it be as an ornament. Roots and vegetables are more appropriate.

MOULES AU PERSINET, DITES À LA POULETTE.

Wash your muscles, and be particular in taking off all the threads that are found about the joint of the shell. Put your muscles into a stew-pan over a brisk fire, and keep them covered that they may be done equally. When they are done, take off one of the shells, dip the

muscle into the liquor that has issued from them, in order to wash off the sand. When they have all been picked, let the liquor stand, drain it, pour it into a clean vessel, and then make the following sauce.

Put a small lump of butter with a spoonful of flour in a stew-pan, and make a little *roux blanc*; that is to say, do not let the flour get brown; moisten with the above-mentioned liquor, add a small bunch of parsley and green onions and stew them for half an hour. Then take the bunch out, and replace it with a little parsley chopped very fine. Now take the yolks of two or four eggs, according to the quantity of your muscles, to thicken your sauce, which season well, but be rather sparing of salt. Mix your muscles with the sauce; let them be just hot through and squeeze the juice of a lemon into the sauce, which must be thick, the better to adhere to the muscles.

### CRABS

Are prepared and cooked in the same manner as lobsters, but are eaten with oil and vinegar, after having arranged the meat in fillets, and the small claws all round.

## HUÎTRES.

### N° 1.—*Escalopes d'Huîtres vertes.*

THE English green oysters are the best that are known. After having opened them, stew them in their own liquor, but do not let them be too much done. Next beard them and return them into the liquor, from which you take them out with a bored ladle. Let the liquor stand and drain it. Make a little *roux blanc*, moisten with the liquor, and when your sauce is got pretty thick, add a spoonful or two of cream, a spoonful of *béchamelle*, put your oysters into this sauce, and season them with salt and pepper. Next dish them, strew them over twice with butter and crumbs of bread; give them a good colour with the salamander, and serve them up with the juice of a lemon. You may grate a little nutmeg over them if you like it; but never omit parsley chopped very fine. Some people will add mushrooms, which ought not to be done.

### N° 2.—*Petits Pâtés d'Huîtres à la Sefton.*

PICK out the smallest oysters possible, stew and beard them as above. Make the sauce also in the same manner, only add to it a little parsley chopped very fine, and a little pepper and salt, if any wanted. Have some little *bouchées*

*en feuilletage* ready; fill the *petits pâtés* with oysters and as much sauce as they will hold. Take some crumbs of bread fried of a fine colour, strew some over your *petits pâtés*, which dish *en buisson*. Serve them up very hot.

N°. 3.—*Petits Pâtés d'Huîtres à la Françoise.*

After having stewed your oysters, beard them, and cut them into dice. You have some mushrooms also cut into dice, which you fry in a little butter dusted over with flour. Moisten with some of the liquor of your oysters, one or two spoonfuls of *bon consommé*, two spoonfuls of cream, and reduce this sauce. Add a small lump of butter; season well; throw the oysters into the sauce, and fill the *petits pâtés*, which must be in moulds *à daziolles*, otherwise called *timballes*.

N°. 4.—*Sauce aux Huîtres pour le Poisson.*

Stew your oysters as indicated above. Beard them, make a *petit roux*, moisten with some of the liquor and a little cream. When your sauce has been boiling for about ten minutes, add a *beurre d'anchois*. Taste the sauce before you put in any salt, and very little pepper.

Throw the oysters into the sauce and serve up hot.

If you should be in a hurry, *mark* in a stew-pan a good lump of butter, a spoonful or two of flour, moisten with the liquor of your oysters, and put the sauce on the fire, but do not let it boil. When it is got thick, throw in the oysters, with a *beurre d'anchois*, a little *cavice*, a spoonful of thick cream and serve up.

### N° 5.—*Sauce aux Huîtres pour Entrées.*

After having stewed your oysters as above, you make a *roux blanc* into which you put a few small onions, mushrooms, a bunch of parsley, and green onions. Moisten with some of the liquor, a few spoonfuls of *consommé*, which reduce over a large fire. Then add a good quantity of cream, season well; keep your sauce pretty thick, drain it through a tammy, put the oysters entire in, and use the sauce with such articles as require oyster sauce.

### N° 6.—*Les Attelets d'Huîtres.*

This *entrée*, which is no great favourite, has found its way into this work, on account of its having occasionally been called for. Stew your oysters as above. Have a *sauce d'attelets* (see Sauces) moisten with some of the liquor and let

it stand to cool. Then skewer the oysters according to the size of your dish, and by using your knife, spread the sauce all round. Throw crumbs of bread over the oysters; next dip them into an *omelette*, and into crumbs again. Fry them of a fine brown, and serve them up without any sauce.

The *sauce d'attelets* is made as follows. Fry some herbs in a little butter; moisten with the liquor of the oysters, season it well, thicken your sauce with yolks of eggs, and pour it over the oysters. Let the whole stand till cold and then make the *attelets*.

### LE GRONDIN, OU LE ROUGET, RED PIPER.

[The latter is the best.]

### N° 1.—*Les Filets de Grondin sautés à la Ravigotte à la Créme.*

TAKE two pipers large enough to make a good dish: take off the fillets which cut in two lengthways, and the same crossways, make these into squares of about two or three inches. *Mark* them in clarified butter as fillets of soles, and dress them in the same manner. (See *filets de solles*, N° 3.)

N° 2.—*Filets de Grondins à la Sefton.*

Pick out some pipers that are very frsh. Take up the fillets two or three inches long, *parez* them well, leavé no skin on ; season them with salt and pepper. Then brush them over with the yolk of an egg, then dip them into butter and crumbs of bread, which you make smooth on the table, and broil them on a clear equal fire. They must be of a fine brown colour. (See *Sauce à la Maréchale.*)

For fish, you may add a good beat of fresh butter and a little anchovy butter in the *sauce à la Maréchale.*

## OF EGGS IN GENERAL.

Eggs are indispensable in cookery. They are used for a prodigious quantity of *entrées, entremets* and sauces. Eggs are the fundamental stone of all pastry. I shall endeavour to shew in whatever manner they may be used either *en maigre*, or *en gras*. All *omelettes* are *entremets*. (Second course dishes.)

### N° 1.—*L'Omelette baveuse.*

This denomination will appear rather vulgar, but it cannot be avoided. Break eight eggs in an earthen pan with a little pepper and salt, and a sufficient quantity of water to melt the salt. Beat your eggs well: then throw an ounce and a half of fresh butter into a frying-pan, and melt it over a brisk fire: then pour the eggs into the pan, which is not to be kept too close to the fire. Now keep turning continually, but never let the middle or centre be over the fire, for it is always rather too hot. Gather all the border together, and roll your *omelette* before it gets too much done. The middle part must always be kept mellow. Roll it equally with your knife before your dish it, and take care not to let the pan soil the dish.

N° 2.—*L'Omelette aux fines Herbes.*

THE same preparation as above, with the addition only of a little parsley chopt very fine. Some people mix a few chopt shalots likewise, which may be done if approved of.

N° 3.—*Les petites Omelettes au Jambon.*

MARK your *omelettes* as above. You have some ham which has served as a remove: mince about a quarter of a pound which you throw into a little *Espagnole.* You then make small omelettes of about two eggs each. Before you roll them introduce a spoonful of the minced ham. You may make four or six according to the size of your dish. Take care not to put too much salt, nay if the ham be briny, do not put any salt at all.

N° 4.—*Les petites Omelettes à l'Oseille.*

MAKE small *omelettes* as above. You have some sorrel already stewed, which you introduce before you roll your *omelettes.* Give them a pleasing shape and colour.

N° 5.—*L'Omelette au Rognon de Veau.*

IF you have roasted a loin of veal, and that the kidney has been left, chop it, and put it in

an *omelette* prepared as in N°. 1. Make it mellow, and properly seasoned with salt.

### N°. 6.—*Les petites Omelettes aux Confitures.*

Make small *omelettes* mixed with a little flour. Let them be properly done. Introduce the sweetmeats before you roll the *omelettes*, and lay them on the cover of a stew-pan. When they are all made, powder a little fine pounded sugar, and then use the salamander to glaze them of a fine colour.

### N°. 7.—*Les Œufs au Beurre noir. (Entrée Maigre.)*

Break some fresh eggs in a dish, without damaging the yolks; then powder them over with a little pepper and salt. Then fry some butter; a quarter of a pound will do for a dozen of eggs. When the butter is completely fried, which you may know by the ear, you pour it over the eggs, and then put your eggs in the frying-pan, which keep distant from the fire, for fear the eggs should stick. When these are done at the bottom, use the salamander for the top, till they are turned white. Then dish without breaking them, and pour over a little vinegar.

## N° 8.—*Les Œufs au Miroir.*

Butter the dish in which you are to send up your eggs, break eight, but mind they be fresh, with pepper and salt: then cut small pieces of butter over the eggs, and use the salamander, till they be quite white.

## N° 9.—*Les Œufs pochés.*

Boil some water with a little vinegar. Take some fresh eggs, and break the shell with your knife, that the egg may drop into the water without breaking. Turn with the shell to gather all the white round the yolk. Never poach more than four at a time. As soon as they are done, take them out, one at a time, and throw them into cold water. When you have poached the number you want, you *parez* them well. Then with your finger rub them gently over in the water that they may be very neat. Mind they must be very soft. These serve for a vast number of *entrées* and *entremets.*

## N° 10.—*Les Œufs frits.*

You must procure a dish *à sauté,* or *sauté* pan, with little round holes made on purpose to poach your eggs in boiling oil. They fry better and are more dry when you use oil instead of

butter. Fry them soft, and before you send them up, powder a little salt over them.

### N° 11.—*Les Œufs à la Tripe.*

MAKE a little *roux* with flour and butter; fry a few chopt onions in the same stew-pan before the *roux* is made brown. *Mouillez* with some good milk, pepper and salt. Let the flour and onions be well done, and keep your sauce rather thick. Now you have some eggs boiled hard, cut them by quarters or in round slices, and put them in the sauce. Stir gently that the yolk may not drop from the white, and serve up.

### N° 12.—*Les Œufs à la Maître d'Hôtel.*

MAKE a little *roux blanc* as above. *Mouillez* with some good milk, pepper and sauce: let these stew for half an hour. Throw a large lump of fresh butter into your sauce, with a little parsley chopt very fine. Cut your eggs in the sauce, and send up to table quite hot.

### N° 13.—*Les Œufs à l'Aurore.*

CUT a dozen of hard eggs in two; take the yolks, which strain through a hair sieve, then make a *sauce à la crême.* Mark, in a stew-pan, a quarter of a pound of butter, a spoonful of flour, with pepper and salt, a little nutmeg, and

half a pint of cream. Then stew this sauce, but do not let it boil. Chop the whites of your eggs, which throw into the sauce. Now dish those whites, pour the yolks over the whites, baste them with a little butter, and use the salamander. Then serve up.

### N° 14.—*Les Œufs en surprise.*

Cut a dozen and a half of eggs (boiled hard) in two. Take all the yolks, and pound them in a mortar, with a quarter, nay if you choose, with half a pound of butter, with which mix a little cream, pepper, salt, and grated nutmeg. When you have been pounding for half an hour, add to the above two raw eggs to thicken your *farce*. Then *parez* the inside of the whites, and fill one half of them with the *farce*. Next mix some minced parsley with part of the *farce*, and fill the other half. Erect a little dome in the centre of your dish with some of the *farce*, and trim it all round with your whites; contrive to give them a pleasing appearance. Next put them in an oven for ten minutes, and send them up quite hot.

### N° 15.—*Les Croquettes d'Œufs.*

Cut the white of a dozen and a half of eggs (boiled hard) into small dice. Make a thick

*sauce à la crême*, which season well. Strain the yolks of six eggs through a hair sieve. Cut a couple of onions into dice, sweat them white and mix them with your sauce. Now throw both the whites and yolks into the sauce. Let them cool, and cover with crumbs of bread, as you do all other *croquettes*. If you were to put in all the yolks, your *croquettes* then would get dry. The remaining yolks may be used for sallads, &c.

### N° 16.—*Les Andouilles d'Œufs.*

Cut the whites of eggs boiled hard into fillets as long as possible: cut a few truffles in the like manner, onions, and mushrooms the same. The eggs excepted, sweat the whole in a little butter. When done put the ingredients in a hair sieve to drain. Then *mark* a *sauce à la crême* which must be rather thick, mix the liquor wherein your truffles, &c. have been sweated, with your sauce, and set them boiling. When it is thick enough let it cool over the ice. Now make two *boudins*, which you dip into an *omelette*, as you do the *boudins à la reine*. Fry them, and send them up with fried parsley between the *boudins*. These make a very good *entrée maigre*.

## N° 17.—*Les Œufs à la Neige.*

Beat some whites of eggs, which boil in milk, or water, with a little salt. Cut them all of a size with a spoon. Then boil a pint of cream. When it boils, throw in the thin outward peel of half a lemon, a little sugar, a very small quantity of salt; let the lemon steep. Then beat the yolks of four eggs with the cream, and let it thicken on the fire. When your cream is thick enough, drain it through a tammy, and *mask* your eggs *à la neige* with this sauce. Another time, instead of lemon use leaves of *laurier rose*, or *laurier amande*, notwithstanding in England, it be considered as poisonous.

## N° 18.—*Les Cocottes.*

Put a little fresh butter at the bottom of small China cups. Break a fine new laid egg over the butter with a little salt and some coarse pepper. Lay these over some red ashes, and then use the salamander till the eggs are done soft.

## N° 19.—*Les Œufs brouillés.*

There are various sorts of *œufs brouillés*, namely:—*aux champignons*, *aux cardes*, *aux truffes*, *aux concombres*, *au verjus*, *au bouillon*, which are made as follow.

Break eight eggs into a clean stew-pan with

half a quarter of a pound of butter, and a little salt and pepper; beat the eggs till the whites and yolks be well blended. Then put your pan on a slow fire, keep constantly stirring with a wooden spoon; mind that *les œufs brouillés* are never to be grumous, or to clot.

## ENTREMETS OF VEGETABLES.

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### N° 1.—*Les Cardes à l'Espagnole, or, Cardons d'Espagne.*

This dish, which I introduce foremost amongst all the *entremets de légumes*, requires great attention, to no small share of science in the art of cookery. It is not much relished in England, but in France it was held in the highest estimation. By the bye it is a very expensive article.

In the first place you must select a few heads of *cardons* all very white. Cut each leaf into slices of six inches long; with the exception however of those that are hollow, which are tough and thready. Beard them of their prickling. If you wish to blanch them, put the thickest leaves into boiling water. When you have given them a few boils, you put in the leaves of the heart; you turn the middle stalks into large olives, and blanch them. Then try a piece in cold water, to see whether the slime

which is on the surface will come off by rubbing. If so, you take them out immediately, and throw them into cold water, as they are done enough. You may likewise pour some cold water into that which is boiling, till you can keep your hand in, to rub off all the slime. This being achieved, throw your *cardons* in a *blanc*, give them one single boil, and leave them in the aforesaid *blanc*. Whenever you wish to use them, drain a sufficient quantity. *Parez* both extremities, and mark them in a stew-pan, with four spoonfuls of *Espagnole* and four spoonfuls of *consommé*, a little salt, and a little sugar. Let them boil over a large fire, that they may not be done too much, as would be the case if it were a slow fire. Dish them nicely. Drain the sauce through a tammy, before you *mask* them. Send them up to table quite hot, and with a cover over them to prevent their getting dry.

### N°. 2.—*Les Cardes à l'Essence, à la Moelle de Bœuf.*

The same operation as above. You take a few pieces of beef marrow, all of a size, which you let to disgorge; by which it is meant that you lay the marrow in some water on the corner of the stove, to draw out the blood. When the marrow has thoroughly disgorged, you blanch it.

You then stew it in a little water with a little salt and a few slices of lemon to keep it white. When it is done you put it into the essence; which however is no other thing than some *Espagnole* reduced, unless you have some essence, or *Espagnole*, as that indicated amongst the sauces. Drain the grease and never forget to put a little sugar; which is requisite in all the *entremets de légumes.*

### N° 3.—*Les Cardes au Velouté.*

The same preparation as in the two former cases. You stew the vegetables in a little *consommé*; and when they are done you sauce them with some *velouté.*

### N° 4.—*Les Cardes à la Sauce blanche.*

The same preparation as above, only sauce with the *sauce blanche.*

## LES EPINARDS.

### N° 1.—*Les Epinards au Consommé.*

You must take particular care when your spinach is pickled, that no stalks be left, nor any other weed. The least oversight may cause the spinach to be good for nothing, notwithstanding all the trouble you would take in cooking them. They must be washed at different

times in a large quantity of water. Then boil some water in a vessel large enough for the spinach to float at ease. Put a great deal of salt, that they may retain their green colour, and thrust them down frequently, that they may be done equally. When they have had a few boils, try whether they can be squeezed easily, then without loss of time put them into a colander to drain the water. Next throw them into some cold water to keep them green. When they are quite cold make them into balls and squeeze them well. Then spread them on the table with your knife, to ascertain whether there be no foreign body left. Chop them very fine; put a good piece of butter in a stew-pan, and lay your spinach over the butter. Let them be made dry over a gentle fire; next *singez* them with a handful of flour. Moisten with a few spoonfuls of *consommé*, and let them stew speedily, that they may not turn yellow. Make them rich with a piece of *glâce*. If you intend to send them up as an *entrée* with a ham, or a tongue, &c. you must mix a few spoonfuls of *Espagnole*, and let them be well seasoned. Some people like nutmeg; if approved of you may grate a little. Spinach thus prepared may be used with a *fricandeau*, sweetbreads of veal, and breasts of veal or of mutton.

N° 2.—*Les Epinards à la Créme.*

Blanch and prepare them as above, only use cream instead of broth, or *consommé*. Boil your cream before you throw it over the spinach. If it should curdle, the cream alone is lost, whereas otherwise you would lose your spinach, butter and all. Spinach *à la créme* require a little sugar and nutmeg. It is needless to repeat that a little salt is also requisite, as there can be no good seasoning without. You must always have fried toasts of bread round your spinach when you send them up to table, or some *feuilletage*, but mind that neither must be stale.

N° 3.—*Les Epinards à la Françoise.*

These in Paris are called *à l'Angloise*. They are to be blanched as above. Squeeze them well and pound them in a mortar. Then *mark* them in a stew-pan with a little butter. Leave them for three quarters of an hour on a very slow fire. Now throw in a large lump of very fresh butter, with salt, and grated nutmeg. Work your spinach well, till they be thick; but take care the butter does not turn into oil.

N° 4.—*Les Epinards en Croustades.*

This dish is introduced merely for the sake of variety. Cut some bread, that is not quite stale

though, into hearts, which you slit all round. Fry them in butter. Contrive to have those hearts form a *rosasse*. Next cut a round of bread, which you slit in the like manner and place on the middle, over the points of the hearts. Fry these till they be of a fine brown, then cut off the interior part, and fill the vacuity with spinach, either *à la créme*, or *au consommé*.

### N° 1.—*Les Choux-fleurs au Velouté.*

Pick off all the green leaves from your cauliflower; open it to ascertain that there be no insects, then wash it, and stew it in a little butter, water, and salt. Do not let it boil too long. Drain it that there may be no water left. Then take four spoonfuls of *velouté*, which mix with a quarter of a pound of butter, and *mask* the cauliflower, after having ascertained that your sauce is properly seasoned. Sauces intended for vegetables must always be rather thick.

## ENDIVE.

### N° 1.—*Chicorée au Jus.*

Wash your endive and beware of the worms, which generally are found in the heart. After having taken off all the green part of the leaves,

wash the endive in two or three different waters, and blanch it to take off the bitter taste. You then throw it into cold water, and when quite cold squeeze it till there be no water left, and chop it very fine. Next stew it in a sufficient quantity of *jus* to cover it entirely, to which add a little salt, and a very small lump of sugar to remedy the bitter tart taste of the endive. When done enough add two spoonfuls of *Espagnole*, and use them either for *entremets* under poached eggs, or for *entrées*, such as *émincé de mouton, muzette de mouton, carbonade*, &c.

### N° 2.—*Chicorée au Velouté.*

The same preparation as above, but instead of *jus*, use *consommé*, and in lieu of *Espagnole*, take some *velouté*. Endive must always be stewed in broth, either *jus, blond de veau*, or *consommé*. Mind the sauce must not boil when you have poured it over the endive, especially if it be cream sauce. If you wish your sauce to be of a white colour, add some thick cream to it.

### N° 3.—*Chicorée à l'Espagnole.*

The same preparation again as in N° 1. When the endive is done add the *Espagnole*;

and in case you should not have any, make a *petit roux*, which moisten with a little *jus*, or broth. The sauce must be kept liquid, that the grease may be skimmed off, and you reduce it with the endive.

### CAULIFLOWER.

CAULIFLOWERS are never good but when white and hard, and are not used in French cookery the moment they begin to grow to seed.

#### N° 1.—*Choux-fleurs à la Sauce blanche.*

AFTER having torn off all the green leaves, it is requisite you should open the cauliflower, to remove the snails or other insects, which are liable to creep towards the heart. For this purpose you leave the cauliflower in cold water for an hour. You next throw it into boiling water, with a little salt and butter. This vegetable being very tender is soon done. If you wish to boil them before hand, take them off the fire when only half done, as their being left in boiling water will soon complete their doing. Now drain your pieces, without breaking them, dish them in the shape of a large cauliflower, and pour the sauce over them. (See *Sauce blanche.*)

N° 2.—*Choux-fleurs au Velouté.*

THE same preparation as above, with the only difference that you use the *velouté*, instead of the *sauce blanche*.

N° 3.—*Choux-fleurs au Parmesan.*

PREPARE and dish your cauliflower as above. Next *mask* the pieces with a little thick *béchamelle*, powder some rasped Parmesan cheese over them, and melt a little fresh butter, which pour gently in different places. You then strew them over with crumbs of bread and rasped cheese, to which you give a fine colour by using the salamander. Now wipe the border of your dish, mix a little Parmesan cheese with some *velouté* and a little fresh butter, work your sauce, season it well, and pour it gently all round the cauliflower. If you should happen to have neither *béchamelle*, or any other sauce ready, a *sauce blanche* will answer the same purpose; but it is liable to turn into oil.

N° 4.—*Choux-fleurs à l'Espagnole.*

THE same preparation again as in N° 1. When the cauliflower is done, you let it simmer a little in a stew-pan with a few spoonfuls of *Espagnole*. If you use a silver stew-pan, it is requisite the

cauliflower should boil in the same, for it would break, if you attempted to shift it into another.

*N. B.*—Cauliflowers intended for *entrées* are to be prepared as in N° 1, and always look whiter if boiled before hand.

### SALSIFIS.

This root when black we call *salsifis*, if white it goes by the appellation of *scorsonaires*. This latter is by no means so tender or palatable as the former, however both are prepared and done in the same manner. You scrape them gently, so as to strip them only of the outside peel. You then cut them into equal pieces, and throw them into water with a little vinegar, or lemon-juice, to prevent their getting black. When you have scraped a sufficient quantity, you stew them in a little butter and salt, and water enough for them to swim at ease. They will generally be done in three-quarters of an hour; yet it is better to ascertain the fact by taking a piece out of the water, and to try with your knife whether they be done enough, which is the case when the knife penetrates easily. Drain your *salsifis* and send them up with whatever sauce you think proper.

N° 1.—*Salsifis au Velouté.*

The same preparation as above. Only observe that such sauces as are sent up with vegetables, must always be refined, or thinned with fresh butter.

N° 2.—*Salsifis à l'Espagnole.*

The same preparation as in N° 1. Only use *Espagnole* instead of *sauce blanche.*

N° 3.—*Salsifis frits.*

Make a batter as follows. Take six spoonfuls of flour, a small pinch of salt, a spoonful of olive oil, and beat the whole with some beer, that is to say a sufficient quantity only for the butter and not to be too liquid. You then beat the white of two eggs, and well beaten you pour them into the batter, which you keep stirring gently. You next put the vegetables, that have been done before hand and well drained into the batter, then take them out again one by one, to throw them into the dripping. Use a skewer to prevent their sticking together. When fried of a fine colour and crisp, send them up with some fried parsley in the centre of the dish, and a little pounded salt powdered over the vegetables.

## ARTICHOKES.

ARTICHOKES are fit to be eat when young and tender. Such as are intended for *l'estouffade*, or *la barigoule*, must be full grown; the sprouts are used when to be fried *à la Provençale*, *à l'Italienne*, &c.

### N° 1.—*Artichauts au naturel.*

ACCORDING to the size of your dish you boil a certain number of artichokes in salt and water only, after having washed them in several waters, and removed all the insects that swarm about the leaves. You can ascertain whether your artichoke is done enough, either with the point of your knife, or by tearing off one of the leaves. If the knife penetrates, or that the leaf comes off with facility, then you may rest assured the artichoke is done. Shift it instantly into cold water, that you may empty it. You first take off the top all of a lump, then empty the choke, set the top on again, and send up as hot as possible, with a *sauce blanche* in a sauceboat.

### N° 2.—*Artichauts à l'Estouffade.*

THESE are prepared as in N° 1, but you boil them only till such time as you can empty them.

When emptied you drain them well. You then have some olive oil boiling, in which fry the leaves. When the surface is of a fine brown colour, you wipe off all the oil, and *mark* the artichokes in a stew-pan trimmed with layers of fat bacon, and a few slices of ham; powder each artichoke with a little salt, and add to them a few carrots, onions, and a clove. Next cover them with thin layers of lean bacon. One single spoonful of broth will be sufficient to moisten the whole. There must be but a very small fire underneath, and a very brisk one on the top. The artichokes will be done in three-quarters of an hour's time if they be young and tender; but as not unfrequently there are some old ones amongst the number, it is better to ascertain with the point of your knife whether they be really done enough. Next drain all the grease, dish them, and send up with an *Espagnole* and the juice of a lemon inside of them.

### N° 3.—*Artichauts à la Barigoule*

Are prepared in every respect as those N° 2. Only you have some sweet herbs, such as mushrooms, shalots, and parsley chopped very fine, which you fry white in a little butter. When they are done, without being made too dry, you

season them with pepper, salt, and the juice of a lemon. You then divide those herbs within your artichokes, which you stew as above. When done, drain them, and send up with an *Italienne rousse* over the bottom, inside.

### N° 4.—*Artichauts à la Provençale.*

Select some artichokes that are very tender, cut them into four equal quarters, *parez* them nicely, and rub them over with some lemon, that they may preserve their white colour. Throw them successively into cold water, the quantity to be in proportion of the size of the dish in which you are to serve your *entremets*. You then trim a stew-pan with a little olive oil, salt, and pepper, and set the whole to stew over some red hot ashes, or to bake in a moderately hot oven. When done, drain the artichokes and serve them up with a *sauce blanche*, to which you add a little *glace*, and the juice of a lemon; or otherwise some *Espagnole* worked with a small lump of butter, and the juice of a lemon.

### N° 5.—*Artichauts frits.*

Let your artichokes be tender, and cut into quarters as above. Rub them over also with lemon to keep them white. When they have

been well washed and well drained, so that no a single drop of water remains, throw them into an earthen-pan with some pepper, salt, and the juice of a lemon. Next take four spoonfuls of flour, three entire eggs, a tea spoonful of olive oil, and keep stirring the whole with a wooden spoon, till the leaves are well imbibed. You then have some dripping, that must not be too hot, so that your artichokes may be done of a fine brown colour. You throw your artichokes into the dripping piece after piece, and use a skewer to prevent their sticking together. When they are done and crisp, you lay them on a towel to drain and send them up with fried crisp green parsley.

### N° 6.—*Artichauts à l'Italienne.*

These are also to be cut into quarters, and boiled in a certain quantity of water so that they may swim at ease, with a little salt and butter. When done, drain them well, and lay them all round the dish with the leaves outwards. You then take some *Italienne* with which you mix a lump of butter, and pour the sauce over the part that is to be eat, but not over the leaves.

### N° 7.—*Culs d'Artichauts, or Artichoke-bottoms.*

Artichoke-bottoms require being *tournés*

very nicely, neither are the most tender leaves to be taken off, in order that the inside of the artichokes be kept more clean. Blanch them in salt and water. When they are so far done that you may pull off the leaves, and empty the choke without breaking the bottoms, take them out of the water, and throw them into cold water that you may strip them entirely of the leaves, and remove the choke. You then make a *blanc* in the following manner.

*Blanc for Vegetables and Cardons in general.*

Cut about half a pound of fat bacon into large dice, the same as a little suet of beef, take half a quarter of a pound of fresh butter, a little salt, and the half of a lemon cut into thin slices, and put the whole in a sufficient quantity of water to cover whatever you wish to put into your *blanc*. Let this *blanc* stew for half an hour before you throw in your artichoke-bottoms, which are also done in general in the same space of time, yet the most certain method is to use the point of your knife, to ascertain whether they be done enough. Send them up with whatever sauce you think proper. They likewise serve to *garnish* either *fricassées de poulets, ragoûts blancs, ou bruns*, &c.

N°. 8.—*Les Culs d'Artichaux en Canapés.*

These, when cold, are served for *entremets.* You make a *beurre d'anchoix*, which you pour on the centre of each artichoke-bottom, and decorate the whole with capers, pickled cucumbers, beet-root, &c. and when ready to serve up, pour over a *sauce à salade.*

### FRENCH BEANS.

N°. 1.—*Haricots verds à la Poulette.*

French beans must be young and tender. The fruiterers and green grocers will send them by the hundred, but they are only fit to be eat when they are sold at market by the measure. They are to be boiled in salt and water, over a large fire, that they may retain their green colour.

The *poulette* is made with a little *sauce tournée*, which you reduce, and next thicken with the yolks of two eggs, to which you add a little parsley chopped very fine. When the thickening is done enough, you add to it a good lump of fresh butter, which you work well, a little pepper and salt, and the juice of half a lemon. Drain your beans well so that no water remains, dish them, and send up with the sauce over them.

N° 2.—*Haricots verds à la Lionaise.*

THESE are to be prepared as above. Next cut some onions into slices; fry them of a fine brown colour, take two spoonfuls of *Espagnole,* which work with a good lump of fresh butter. After having drained your onions and beans, pour them into the sauce, keep stirring, season them well with salt, and serve up hot over the French beans.

N° 3.—*Haricots verds à la Françoise.*

AFTER having boiled your beans as in N° 1, lay them on the fire in a stew-pan, to drench all the water. When entirely dry and quite hot, add to them a few lumps of fresh butter, a little pounded pepper, and salt, the juice of half a lemon, and keep moving the stew-pan, without using a spoon that would break the beans. If the butter should not mix well, add half a spoonful of *sauce tournée;* and send up hot.

N° 4.—*Haricots verds à la Provençale.*

THESE are to be boiled as above. Take two small pieces of garlic, which squeeze on the dresser with a wooden spoon, mixed with a little fresh butter. Let your beans be made quite dry, as in N° 3, and then put in your *beurre d'ail* (garlic stuffing) and keep stirring your

beans till the whole be well combined. Mix some sweet herbs chopped fine with the above, to which add a little good olive oil. Keep stirring, and if you do it properly the oil will form a pomatum. Now season it well, with the addition of the juice of a lemon. Serve up hot and with great expedition, that no oil may drop.

### WHITE BEANS.

N° 1.—*Haricots blancs à la Maître d'Hôtel.*

WHITE beans when new and fresh, are put into boiling water. But if they dry they must be soaked for an hour before you boil them. You put them into cold water to boil, and replenish with cold water also, which makes the rind or coat tender. White beans must be well done before you dress them *à la maître d'hôtel*, which is done as follows. Trim a stew-pan with a good lump of fresh butter, a little parsley chopped very fine, and some pepper and salt, over which lay the beans well drained. Keep moving the stew-pan without using a spoon, for fear of crumbling the beans. Then squeeze the juice of half a lemon, and send up quite hot.

N° 2.—*Haricots blancs à la Lionoise.*

CUT a few onions into dice, and fry them in

a little butter till they be of a light brown colour; you then add to them two spoonfuls of *Espagnole*. Let the onions be well done; season them with pepper and salt; drain your beans that have been done as above; then throw them into the sauce, and serve up hot.

### N° 3.—*La Purée d'Haricots blancs.*

The beans, which must have been boiled before-hand, are to be mixed with the following preparation Chop some onions with white suet in a little butter, put a little flour in the butter, and when done moisten them with a spoonful or two of broth. Let the onions be thoroughly done of course. Now let the beans boil in that sauce for half an hour, season them well, without any pepper, however, and strain them *en purée* through a tammy. Reduce your *purée* over a brisk fire, skim off the white scum, and before you serve up, refine your *purée* with two small lumps of very fresh butter, and two spoonfuls of thick cream. This *entremets* is to be dished with fried crusts of bread all round.

### N° 4.—*La Purée d'Haricots rousse.*

Is prepared in a like manner to the *purée blanche* above, with this difference, that the onions are to be fried brown. You moisten

with some *Espagnole*, and in case you should not have any, as soon as your onion is of a fine brown colour, you throw in a spoonful of flour, moisten with a little *jus*, or *blond de veau*; let the flour be well done, and set your beans boiling for half an hour, in order that the taste of both may amalgamate; you next strain the whole *en purée*, and give it a good seasoning. Remember that brown sauces are always to be more highly seasoned than others.

## ASPARAGUS.

### N°. 1.—*Les Asperges à la Sauce blanche, dites en Bâtonets.*

Asparagus are always boiled in salt and water, whether intended for *entrées*, or *entremets*. The water wherein they have boiled is ever impregnated with an unbearable bitter taste; for which reason asparagus are never used in soups or garnish, but in the very last moment of sending up the dinner. They must boil over a large fire, in order to retain their green colour. Those served *en bâtonets* are cut according to the size of the dish. A toast of bread is generally put under the asparagus to raise them on the dish, and to receive the water which may issue.

N° 2.—*Les Asperges en petits Pois.*

If the asparagus be properly dressed, they must taste like green peas. Take some young asparagus, which pick with great care. You then cut them into small equal pieces, avoiding to put in such parts as are hard or tough. Wash them in several waters, and next throw them into boiling water with a little salt. When the asparagus are nearly done, you drain them first through a sieve, and next wipe them quite dry with a towel. You then put them in a stew-pan with a small lump of butter, a bunch of parsley, and green onions, and *sautez* them over the fire for ten minutes. Now add a little flour, and a small lump of sugar, and moisten with boiling water. They must boil over a large fire. When well reduced take out the parsley and green onions, and thicken with the yolks of two eggs beaten with a little cream, and also a little salt. Remember that in this *entremets* sugar must predominate, and that there is to be no sauce. Asparagus are always dressed in this manner when to be served as *entremets;* but for *entrées,* instead of *sautez* them over the fire with butter and a bunch of parsley and green onions, you drain them well after they have been boiling in salt and water, and next throw them into some good *sauce tournée* well reduced. Give them a

few boils over a large fire, then powder a little sugar, and make a thickening. The sauce must be made thick on account of the asparagus always issuing a certain quantity of water.

## CUCUMBERS.

### N° 1.—*Les Concombres farcis.*

Take four or six cucumbers, according to the size of your dish; cut them in the shape of a screw, which is done by means of leaning with your thumb on the blade of your knife whilst cutting the cucumber, at an equal distance. When you have thus *tourné* the outside, you empty the inside with a scooper. Take great care not to bruise the cucumbers, which when prepared you throw successively into some water. Then take a little *farce à quenelles,* or some *godiveau* (see *Farces*), with which you fill your cucumbers. Now blanch them, and *mark* them in a stew-pan with layers of bacon and a little salt; moisten with some good *consommé,* and let them stew, but not too long. Lay them on a towel to drain, and send them up with a fine *Espagnole* almost reduced to glaze.

### N° 2.—*Les Concombres à la Poulette.*

Cut some cucumbers in the shape of half-crown

pieces, pickle or *marinate* them for half an hour in a little salt and vinegar; next drain them hard in a towel, and lay them in a stew-pan with a good lump of butter. Fry them white over a brisk fire, and next powder them over with a little flour. Then moisten with a little milk and broth, and let them be reduced without breaking. When sufficiently reduced, add a little chopped parsley, a little sugar, and a thickening of three eggs or more, according to the quantity of your cucumbers, together with a little salt; you may also put a little pepper if you like it. It would be useless to recommend the seasoning, as it is known to constitute the difference between good and bad cookery. Either salt or sugar must predominate in some respects.

### N°. 3.—*Les Concombres en Cardes.*

Cut your cucumbers lengthways of the size of your dish; empty the seed, and slit the outside, that it may bear the appearance of a cardoon, and blanch them. You next stew them in some *consommé* with two or three spoonfuls of *Espagnole*. Let them boil over large fire, and take care the sauce does not become skinny. If the cucumbers should yield a bitter taste, put in a little sugar.

### SEACALE.

This plant is not known in France. It is to be boiled in salt and water, and after being well drained, sent up with either a *sauce blanche*, or a *velouté*, or an *Espagnole*.

### BROCOLI.

Brocoli are no other than green cauliflowers. They are dressed in the same manner, and sent up with the same sauce. (See *Cauliflowers*, Nos. 1, 2, 3, 4.)

### POTATOES.

N°. 1.—*Pommes de Terre à la Maître d'Hôtel.*

Wash your potatoes clean, and boil them with the rind in salt and water. When they are done let them cool, then turn them in the shape of big corks, and cut them into slices as thick as twopenny pieces, for if the slices were too thin they would break in the sauce. (For the *maître d'hôtel*, see Sauces.) If you should have no sauce ready, make a *sauce au beurre*, with which mix a little chopped parsley, pepper, salt, and a little glaze besides the juice of a lemon, if acid be acceptable. Mind the sauce does not curdle.

N° 2.—*Les Pommes de Terre frites.*

These are to be turned when raw, and cut as thick as in N° 1. You then fry them in clarified butter. If you should have any goose dripping, it would do better still. When the potatoes are fried of a fine brown colour and crisp, you drain all the grease on a towel, and serve them quite hot on a napkin or in a deep dish, for this *entremets* otherwise cannot be dished nicely. Do not forget to powder them over with a little pounded salt.

N° 3.—*Purée de Pommes de Terre.*

It is useless to explain in what manner this *purée* is to be prepared. Suffice it to say that you may use either broth or cream. Fried crusts of bread are served all round the dish.

N° 4.—*Croquettes de Pommes de Terre.*

After having boiled your potatoes in water, to take off the tartness, you boil a pint of milk into which you infuse half the peel of a lemon, with a lump of sugar, and a little salt. It is hardly possible rightly to determine the quantity of the potatoes, which the aforesaid milk is to serve a sauce for; however the mash must be made rather thick. You let it cool, and then roll it in the shape you like best, either into corks,

pears, or balls. You then *pannez* them as other *croquettes* with an *omelette* and a little salt, next dip them into crumbs of bread, and repeat both operations a second time. Give them a pleasing form, fry them of a fine colour, and send them up, but without any fried parsley. In this dish the sugar may be predominant.

### N° 5.—*Casserolle de Pommes de Terre.*

Instead of a *casserolle au ris* you make a *casserolle de pommes de terre.* The potatoes must be much done; you then mix some butter and cream with a little salt, and make the whole of a good substance. Then dish it, make an opening that you may empty the centre. After having given it a fine brown colour in the oven, you empty the centre, wipe your dish clean, and pour in your *ragoût*, or *macaroni*, &c.

### N° 6.—*Soufflé de Pommes de Terre.*

The *soufflé* requires the potatoes to be much done also. When they have been boiled a sufficient time in water, strain them through a hair sieve, and put what comes through the sieve in a mixture of milk, sugar, lemon-peel, a good beat of butter, and salt, as in N° 4. Work the whole with the potatoes, and add the yolks of six eggs to the preparation. At the moment you are going to send up the *rélevés des soupes*, beat the

whites of your eggs, and when well beaten mix them with the rest of the preparation. Put the whole into a *plat à soufflé*, or in a pie-crust that has been made before hand. The *soufflé* however is better in a dish, as you cannot get them so well done in paste. Glaze with a little pounded sugar and the salamander. Send up speedily for fear the *soufflé* should fall.

### N° 7.—*Gateau de Pommes de Terre.*

The same preparation as for the *soufflé*, with the only difference that you *paumez* a mould. First you put some clarified butter in the mould, so that it may be spread all round: this being done you put two or three large handfuls of crumbs of bread, and spread them equally on all parts of the mould. Then dip a brush in some butter, and sprinkle gently over the contents of the mould, which strew over a second time equally with crumbs of bread, that your *gateau* may be made of a fine colour. You may occasionally add dried currants, or cherries, sometimes *noyau*, or *marasquin*, &c. to create a variety.

### N° 8.—*Biscuits de Pommes de Terre.*

Take fifteen fresh eggs, break the yolks in one pan, and the whites in another. Beat the

yolks with a pound of sugar pounded very fine, scrape the peal of a lemon with a lump of sugar which throw into the yolks, and work the eggs and sugar till they be of a whitish colour. Next beat the whites well with a rod, and mix them with the yolks. Now sift half a pound of flour of potatoes through a silk sieve over your eggs and sugar. Have some paper cases ready, which lay on a *plafond*, with some paper underneath. Fill the cases, but not too full; glaze the contents with some sugar, which must not be pounded too fine, and bake the whole in an oven moderately heated.

N. B.—The cases are to be baked on a *plafond*, where there has been no sugar; otherwise the paper would be soiled.

### YOUNG, OR NEW GREEN PEASE.

According to the French saying, "You must eat green pease with the rich, and cherries with the poor." In fact, pease are only fit to be dressed in the French way, when they are young, extremely fine, and well selected. If they have been gathered a long time, they must undoubtedly be coarse and hard, and have lost their savour. If you wish to eat them in a state of perfection, you should do as Lord S. does,

have them gathered in the morning, and dressed on the same day in the following manner.

### N° 1.—*Pois à la Françoise.*

For a large dish, take three quarts of green pease. Throw them into an earthen pan with a quarter of a pound of fresh butter, and plenty of cold water. Handle the pease with the butter till such time as the pease will stick together. You then drain them, and taking them out of the water by handfuls, throw them into a colander, that neither water nor any kind of filth may remain. You next stew them over a moderate fire with a bunch of parsley and green onions. When they have recovered their green colour, powder them over with a little flour; stir your pease before you moisten them with boiling water, till they be entirely covered with the same, which you reduce on a large fire. The moment you perceive there is no moisture or liquor remaining, dip a good lump of sugar into some water, that it may soon melt, to which add a very small quantity of salt. I have already said (see *Asperges en petits pois*) that sugar must predominate; however green pease without salt would taste very insipid, notwithstanding they who eat them are not sensible of there being

any. Now take a lump of butter about a quarter of a pound, which knead with a handful of flour. Mind that your pease be boiling when you are going to send them up; thicken them with the kneaded butter, and remember that when green pease are properly dressed, there must be no sauce.

### N° 2.—*Petits Pois au Lard.*

The same preparation as in N° 1. The bacon is to be cut into pieces one inch square, and always taken from the part of the breast, which in France is called *petit lard.* Sometimes the pieces may be cut in the shape of corks, according to fancy. Blanch these for half an hour in water to take off the briny taste; you then fry your bacon of a fine colour, and drain all the grease. You next stew the bacon with the pease in the same manner as in N° 1. But instead of flour you put in only a little water. When the pease are nearly done and reduced, add to them a spoonful of *sauce tournée.* If you wish them to be of a brown colour, you use some *Espagnole,* and never omit a little sugar. Unless the pease are served as sauce, or an *entrée,* there must never be any sauce in the dish.

### N° 3.—*Pois à l'Angloise.*

Set some water boiling. When it boils, throw in your pease with a little salt. When done enough, drain them, and empty them into a stew-pan, with a good lump of butter and a little salt. Keep stirring till the butter be melted, and season with a little more salt, and pepper also, if approved of. Send up hot, but take care the butter does not turn into oil.

### N° 4.—*Petits Pois à la Paysanne.*

Mark your pease as in N° 1. Then take a few cabbage and gauze lettuces, a good handful of parsley, and some few green onions. Wash them clean, and break them with your fingers instead of chopping them. Drain the above mentioned lettuce, parsley and onions, and sweat them with the pease over a very slow fire. You need not put any moisture, but take care repeatedly to stir the stew-pan to prevent the vegetables from burning. When they are done enough, add a little pepper and salt, without any thickening as for pease dressed in a different way.

### N° 5.—*Of Pease in General.*

It is requisite that a cook should have all the pease intended for *entrées*, or for *entremets*

marked in a stew-pan. He then sweats them altogether, takes a certain quantity for his first course, and reduces the remainder, at the moment he finishes his *entremets*. Pease, to be dressed *à la Françoise*, must be very young and of an equal size, for if of different sizes they never will adhere well. You must have a sieve made of ozier or of cane, through which you sift them. Such as cannot come through are use for *potages*, *purées*, &c. or when boiled in the common way.

### WINDSOR BEANS.

#### N° 1.—*Fèves de Marais.*

WINDSOR beans are to be served on a good table only when very young, and fresh gathered. Boil them in salt and water. When nearly done enough drain them, and stew them in a little *sauce tournée*, with a bunch of parsley and green onions, a little savory chopped very fine, and a small lump of sugar. When your beans are sufficiently reduced, throw in a thickening made of the yolks of two eggs, and a little thick cream. Send them up *à courte sauce*, and properly seasoned.

### N° 2.—*Another Method.*

When the beans are become large, you must take off the coats, and boil them in salt and water; cook them as above, and send them up with a *courte sauce.*

### N° 3.—*Fèves de Marais au petit Lard.*

Windsor beans are served in England, as an *entrée* in the summer season. After having boiled your beans of a fine green colour, and that they are well done, you take a piece of *petit lard,* fat and lean intermixed, which you boil for a couple of hours. When ready to send up, take off the rind of your bacon and dry the latter with a red hot shovel. Powder the bacon over with raspings of bread. Give it a pleasing shape, and lay it over the beans without any sauce. Send up in a boat some chopped parsley in a *sauce au beurre,* which stands on the sideboard.

## TURNIPS.

### N° 1.—*Navets à la Sauce blanche.*

Turnips only find their way as *entremets,* in winter time, from a want of other vegetables. Cut them in the shape of pears; boil them in salt and water, and when done enough drain them, and send them up with a *sauce blanche,*

to which you may add a little mustard, if approved of.

### N.° 2.—*Les Navets en forme de Poires, ou de Pommes glacés.*

SELECT a few fine turnips; *tournez* a sufficient number to cover, or to fill your dish; stew them in a little broth with a little sugar, which you reduce to glaze. When equally glazed, dish them; take a spoonful of *Espagnole* to detach the *glace* that remains in the stew-pan, with a lump of butter twice as big as a walnut, which you work with your sauce. Pour the sauce over the turnips without masking them, after you have given it a good seasoning.

### N.° 3.—*La Purée de Navets blanche.*

If you want to make a *purée blanche*, you must *émincer* your turnips, blanch them in boiling water, and next sweat them over a very slow fire, to prevent their getting brown. When they are done enough, add two or three spoonfuls of *béchamelle*, strain them *en purée* through a tammy, and send them up encircled with fried toasts of bread.

### N.° 4.—*La Purée de Navets rousse.*

INSTEAD of blanching the turnips, sweat them

on a slow fire, in a little butter. Take care they do not burn. When they are well done, moisten with three spoonfuls of *sauce tournée*, and one spoonful of *Espagnole*. Give them a good seasoning, and send up as above with fried toasts of bread. Never omit introducing a small lump of sugar before you serve up, to remedy the bitter taste of the turnips.

### CARROTS.

#### N° 1.—*Carottes à la d'Orleans.*

Take a few young carrots and cut them by slices about one line thick, and blanch them well. Next lay them on a towel to drain; and after having mixed with them a lump of sugar and a little broth, let them boil over a large fire. When reduced to glaze add a good lump of fresh butter and a little salt. Mind the sauce be not too thin, when you serve up.

#### N° 2.—*La Purée de Carottes.*

Mince your young carrots; blanch them in order to take off the tart taste, and use the same process as for the *purée de navets*.

#### N° 3.—*Le Soufflé de Carottes.*

Make a thick *purée* of carrots, but instead

of broth use water, wherein you put a great deal of sugar, half a spoonful of flour, a little salt, a good bit of butter, and the yolks of six eggs, which are all to be mixed with the former. The moment you are ready to send up, you beat the whites of the eggs which you throw in with the rest, and put into the oven for a proper time.

### CELERY.

#### N° 1.—*Céleri à l'Espagnole.*

Cut a dozen of heads of celery of the same length of your dish *à entremets;* blanch them; next *mark* them in a stew-pan between two layers of bacon. Stew them in a little moisture (broth or *consommé,* &c.) and drain all the grease. Now dish your celery, and send it up with an *Espagnole.*

#### N° 2.—*Céleri à la Sauce blanche.*

Cut a dozen heads of celery as above. Let them stew in a little butter, salt and water. When done enough drain them and serve up with the *sauce blanche.*

N° 3.—For the *purée* of celery (see Sauces). In general all *purées* are made according to the same process.

# ENTREMETS SUCRÉS.

## APPLES.

### N° 1.—*Pommes à la Portugaise.*

Take a dozen of fine rennett apples; take care they be not injured. Peel them equally, and push the core out with a vegetable cutter. Let them boil in a very thin sirop, without their being too much done. Then make a marmalade of apples, but let it be very white. (See *Marmelade.*) This marmalade must be made of a good substance. You then lay the apples in a hair sieve to drain, that no sirop may remain, and next dish the marmelade, which you level with your knife. Now lay your apples at an equal distance, so that they be more elevated in the centre. Into the cavity of each apple place a preserved cherry. If you should have any apricot marmalade, generally called apricot jam, you may decorate your *entremets* in proportion as your imagination may suggest, or your means afford.

N°. 2.—*Miroton de Pommes.*

You must take at least two dozen of apples, and of those especially that stand the fire best. Peel them, and cut them into slices about the size of a dollar. Take a deep dish, otherwise your *miroton* would decrease in the dish, and not look well. Put a little marmalade in the bottom of the dish, in order to stick down the apples, one above another all round the dish. Fill up the middle or centre of the dish with the most defective slices of your apples. Now lay another bed of apricot-marmalades, to prevent the apples from slipping down. Next lay a second bed of apples, and some marmalade again, so as to form a complete spiral line. Observe to close the centre with a slice of apple, which is to be slit. Next bake your apples in a moderately hot oven. When they yield to the pressure of the finger, it is a sign of their being done enough. The only thing to be done next is to powder over the apples a little pounded sugar, and to glaze with the salamander. Be cautious to give your apples a fine colouring.

N°. 3.—*Suédoise de Pommes.*

Make a marmalade of apples as compact as possible. Then take small pieces of apples cut into corks and of different colours. To die them

you need only dilute with sirop a little carmine or saffron; and give them a boil. Next you let your apples cool, that the colour may be spread equally over them. When you dish your *suédoise* you first spread some marmalade over the middle of the dish, next methodically arrange your apple-corks; *viz.* one white, one red, one yellow, and so on. In proportion as they are raising, you make the second row narrower, and decorate the top with cherries that are of a pink hue, green gages, &c. You now have some *jns de pomme* with which you have mixed a little calf's foot jelly clarified. and which you lay to cool in a plate large enough to cover your *suédoise.* Let it be made quite cold. When your *suédoise* is decorated in an agreeable form, detach your jelly from the plate and place it gently over the *suédoise.* The jelly must be of a sufficient substance not to run down the fruit.

N° 4.—*Chartreuse de Pommes et de Fruit.*

A *chartreuse* is the same thing as a *suédoise,* only instead of raising the fruit with your hand over the marmalade, you oil a mould of the same size as the dish you intend to use, and arrange symetrically the fruit of different colours, such as angelica, preserved oranges, lemons, &c. in short whatever may offer a variety of colours.

Apples and pears are in more general use for the outside, but then they must be died as indicated above, N° 3. When you have decorated the middle or bottom, you proceed to decorate the sides. You next use some thick marmalade of apples to consolidate the decorations. When you have made a wall sufficiently strong that you may turn your *chartreuse* upside down, you take the whitest apple jelly you can procure, some pears which you cut into slices the size of an half-crown piece, and some cherries, &c. and mix the whole with the jelly. Do not fill the cavity too full with the *miroton* as you are to close it with apple-marmalade that has more substance in it. You then turn over your *chartreuse* and dish it. Take some thick sirop to glaze the fruit over. This sirop gives additional lustre to the colours, and a fresh gloss to the fruit.

### N° 5.—*Le Turban de Pommes.*

Take some real rennetts, cut them into equal quarters, and stew them in some thin sirop. Mind they do not break. You have boiled some rice in cream, with a little lemon, sugar and salt. Let the rice be well done thoroughly and kept thick. Then let it cool. When it is nearly cold, take a large piece of bread, or rather an

empty gallipot, which you put in the centre of your dish, and lay your rice all around till you reach the top of the gallipot. You next take your pieces of apples that have been drained of all the sirop through a sieve, and thrust them into the rice, sloping towards the right in the first row, and towards the left in the second, and so on till you reach the top of your turban, which you put into the oven that the apples may be made of a fine colour. When you are ready to serve up, you remove the gallipot, wipe off all the butter, which may occasionally be about the middle of the dish, and pour in a *crême patissière*, that is made as follows.

### CRÊME PATISSIÈRE.

TAKE a pint of cream and a pint of milk, boil them and keep stirring with a spoon. When the cream has boiled, add to it about two ounces of sugar, a little salt, and the peel of a lemon. Let this peel diffuse till the cream tastes of the lemon; you next beat the yolks of eight eggs with the cream, and do them on the fire, stirring all the while with a wooden spoon. When the cream is got very thick you pour it into a hair sieve to drain, and keep pressing upon it with your wooden spoon. When entirely strained, you put it in a pan to serve you

when wanted. If you wish your *créme patissière* to be very thick, you must have more eggs to it. After having poured the cream inside of your turban, you must ornament the latter with sweetmeats of various colours.

*Another Method, called Frangipane.*

Throw four spoonfuls of flour into a stew-pan, and beat the flour with four entire eggs, and a pint of cream, and take care the flour be well mixed: add a little salt and likewise a little sugar. Now rasp the peel of a lemon with a lump of sugar, and scrape it into your preparation. Lay the whole on a slow fire, and keep continually stirring for fear the contents should stick to the stew-pan. When the mixture has been on the fire for a quarter of an hour, blanch a dozen of sweet almonds and the same number of bitter ones, which pound very fine, and moisten a little, that they may not turn to oil. When absolutely reduced to a kind of pomatum, mix them with your *frangipane* and try whether it tastes well. This you may use for *tourtes, tartelettes, gateaux en dariolle*, &c. &c. (See *Patisserie.*) Observe that sugar must predominate in all sweet *entremets*.

OF RICE FOR ENTRÉES AND ENTREMETS.

CAROLINA rice is generally the best. It is to to be observed besides, that such rice as has been washed once has lost its savour, and of course is unfit to be made use of for *les casseroles au ris.* You must in the first place pick your rice and wash it by rubbing it within your hands, in several waters, till the water be not stained in the least. Then smell it, for if it should smell of musk, which is often the case, it must be washed in hot water, and then in cold water again, till the bad taste is entirely gone. Next lay it in a sieve to drain, and to use it when you have occasion for it.

## RIS EN ENTRÉES.

### N°. 1.—*Casserolle au Ris.*

CAROLINA rice is generally reckoned the best: after having picked it well, wash it well, first in lukewarm and next in cold water, till it no longer retains any smell of dust or musk. After you have well drained your rice, throw it into a stew-pan of a proper size, that it may swell with ease: moisten with some pot-top. The broth must be previously drained through a silk sieve, in order that the rice be kept very clean. Mix it with a large quantity of grease, and some pieces of fat

ham, in order to make the rice more mellow, and add a little salt. As the rice must swell very much, use a sufficient quantity of broth to procure that effect. Lay your rice on a very slow fire, and mind to stir it frequently that it may not stick. Taste it to ascertain whether it be well seasoned, and done enough; you then strain it through a colander and level it well with a wooden spoon. Take the grease or fat that issues from the rice, and pour it into the mould which you fix upon for your *casserole*: when all the parts of this latter are well covered with the grease, you drain it by means of turning the mould upside down, then you put some rice all round the mould, put a piece of soft bread in the middle, and cover it with rice, squeeze in it equally with your spoon, and let it cool. When the rice is made firm dip it outside of the mould into boiling water. Now have a little *pâte brisée* which frame of the size of your mould; turn the mould over the paste; make an opening with a knife in the top, and flatten the paste all round with a spoon, then put it into the oven, which can never be too hot for a *casserole*, for if the oven be not hot enough the *casserole* is liable to break; baste it with the grease, and when it is become of a fine colour take it out of the oven; open it gently, then cut the bread into small

pieces with a penknife, in order that you may take it out without injuring the *casserole*; next remove the rice that sticks around, but do not empty it too much, for fear it should not bear or resist the weight of whatever you intend throwing in. You generally put inside those *casseroles au ris*, white and brown *ragoûts*, *blanquettes*, *émincés*, *fricassées* of pullets, maccaroni, and scollops of fish that have already been brought from the table, &c. &c.

### N° 2.—*Cassolettes of Rice.*

The rice is to be prepared as above N° 1, but must be put into smaller moulds. Mind that the *cassolettes* are to be made quite cold before you take them out of the mould. The best method of filling up the *cassolettes* consists in taking a carrot, which you cut out of a proper larger size to make a hole in the rice; this hole you fill up with an *émincé* of fowl *au velouté*. This *émincé* must be thoroughly cold. When you fill up the mould with the rice, close the former without allowing any of the *émincé* to be mixed with the rice, in which case the *cassolettes* would break in the dripping when you fry them. For preventing a similar accident the dripping must be very hot. It is to be observed that in the making of *cassolettes*, the rice must

be made quite firm, and that they require something of a white colour being added, as either an *émincé au velouté*, or a *salpicon* of palates and of mushrooms *à l'Allemande*.

*N. B.*—You may likewise give them a light brown colour in the oven, the same as to other *casserolles au ris*, but frying is the best.

### N°. 3.—*Le Gateau de Ris.*

After having prepared your rice as in N°. 1, you take some good cream, which you boil, first to ascertain it will not curdle; the quantity whereof is proportionate to the mould you intend to use. For a quarter of a pound of rice you take a quart of cream, which however is not always sufficient; this depends on the rice swelling more or less: in this case you add a little milk to it. When your cream has boiled take the peel of a lemon which infuse in the cream for a quarter of an hour, take the peel out before you pour in the rice, which lay on a very slow fire till it bursts, or swells; when well swollen add a little salt, and some sugar, according to your own palate, the sugar however must predominate, the salt being only intended to remedy the insipid taste that is the general companion of sweet *entremets*. Sugar must entirely predominate in articles for a dessert, but in *entre-*

*mets* it is to be used moderately. When your rice is done enough, and properly seasoned, break eight eggs, mix the yolks with the rice, next beat the whites which you pour gently into the preparation, put likewise a good bit of butter; then clarify about a quarter of a pound of butter, and when it is completely clarified pour it into the mould; turn your mould round that the butter may be spread equally on all parts of the mould which you then turn upside down for a moment: you then put crumbs of bread into the mould, and contrive to have them likewise spread equally all over the mould; now dip a small piece of paper into the butter, sprinkle some butter all round the mould, and put some more crumbs of bread. This being performed to your satisfaction, pour your rice into the mould, and put it into the oven, but mind it be not too hot. An hour is required for your *gateau* to be baked enough. Turn it upside down in the dish, and serve up.

*N. B.*—You may garnish with preserved cherries, raisins, or corinths, &c.

### N° 4.—*Les Croquettes de Ris.*

The rice is to be prepared as in N° 3. When it has swelled in the cream, and it is properly seasoned, let it cool; then roll it into *croquettes* in the shape of a cork. You next

strew over them crumbs of bread (by which is meant that you dip them first into an *omelette*, and next into crumbs of bread). Roll them several times in those crumbs that they may be made of a fine colour. When you have fried them of a good colour, you may glaze them on one side with pounded sugar by using the salamander. Send up with fried parsley of a nice colour in the centre.

### N° 5.—*Le Soufflé de Ris.*

The same preparation as in N° 3, you only keep your rice more liquid and you put the whites of two eggs more; that is to say, in a *gateau* you put eight yolks, and the whites of as many eggs, whereas in a *soufflé* you put only six yolks and eight whites, and a little more butter.

### N° 6.—*Le Ris gratiné.*

Take two ounces of rice, which wash, pick, &c. You then let it swell in hot milk, as cream when used for *entremets* of this sort would turn into butter. When your rice is well done, pound half a dozen of sweet almonds, and the same quantity of bitter ones; when you have made them into a paste, mix them with your rice, together with a little sugar, and very little salt. Then put your rice in a silver pan or

porringer, and leave it to *gratiner* on a slow fire for three-quarters of an hour. Instead of using the lid, only cover the pan with a sheet of paper to prevent the dust. Serve hot; if you put a cover to it the steam will prevent its *gratin*.

### N°. 7.—*Le Turban de Ris.*

PREPARE your rice as in N°. 3. You have some apples cut into quarters, which you have stewed in sirop. Take particular care that the quarters be kept entire. Dish your rice, put a gallipot in the middle, in order to procure a vacuum, into which you pour a *crême pattissière*. (See *Crêmes*.) Dish or dress the rice round the gallipot, and level it with the back of a spoon. You next place the apples round the rice till you have reached the summit of the latter, and put the whole into the oven, but only leave it there time enough to dry up the sirop which sticks round the apples. You next decorate with sweetmeats of different colours, such as green gages, apricots, and cherries, and when you are ready to send up you remove the gallipot, and fill the vacant place with *crême pattissière*.

*N. B.*—Many *entremets* are made of *crême de ris*, which by the bye is no more than flour of rice, and like any other flour, except that it swells more than all others. You may

make *soufflés de crêmes de ris*, and give them whatever taste and savour you think proper.

N.° 8.—*Croquettes farcies d'Abricots.*

PREPARE your rice as in N.° 3, form a *croquette*, now take the handle of a wooden spoon, make a hole in your *croquette*, which fill with marmalade apricots. Then close it up with some rice, *panez* as you do all other *croquettes*, and fry in the same manner.

N.° 9.—*Croquettes farcies de Pommes.*

PREPARE your rice as above, and repeat every other operation except that you have rennets cut into small corks and well stewed in sirop. Drain them well and introduce them into the *croquettes* instead of marmalade.

N.° 10.—*Soufflé de Pommes dans un bord de Ris.*

PREPARE your rice as in N.° 3. Keep it of a strong solid substance, dress it up all round a dish, the same height as a *pâté chaud*, that is to say three inches high. Give a pleasing shape to your rice and let it be levelled smooth; you next have a marmalade of apples very well done; mix the whites of eight eggs well beaten with your apples, and put the whole into the oven.

When your *soufflé* is raised sufficiently, send up, as it would soon lower. If you wish to make a kind of pap, take a spoonful of flour, a pint of milk, a little salt, lemon, and sugar, let the whole boil well, then mix it with your apples and the yolks of four eggs: the whites are to be poured in afterwards: you next bake your *soufflé* in the oven. This method although safer than the former is sufficient in point of daintiness.

N° 11.—*Charlotte de Pommes mélée d'Abricots.*

The *Charlotte* has been so called after the name of the original inventor, yet there is no doubt but his successors have made great improvements to the original. In order to make a *Charlotte*, take a dozen of rennets; but if you use a very large mould, you must take more. Cut them into quarters, peel them, and next put them into a pan with a lump of butter, a little cinnamon, the peel of half a lemon, and a little pounded sugar. Stew all these ingredients over a brisk fire, without allowing them to burn at any rate. When your apples are nearly done enough, take them off the fire, mix with them half a pot of marmalade of apricots, and throw the whole into a mould that you have trimmed with slices of bread dipped into melted butter: cover the marmalade with bread that has also

been dipped into butter. Now bake the *Charlotte* in an oven that is pretty hot; give it a good colour, and serve up hot. It is useless to recommend to decorate the top of the *Charlotte*, it must be always so.

### OF CREAMS IN GENERAL.

### N°. 1.—*Crême au Caffé.*

It is necessary to observe in this first article that all *crêmes* are made in the like manner; the taste and colour only vary. Take a pint of cream and a pint of milk, which boil together. When your cream and milk have boiled, throw in a lump of sugar and a little salt: now roast your coffee in the pan *à omelette*. When your coffee is well and equally roasted, throw it whilst burning hot into the cream, and let it infuse till it gets quite cold. If you wish to pour your cream into cups or any other small vessels you measure the quantity of your cream, and put the yolk of an egg to every cup; rub your cream twice through a tammy, in order that the egg may be well mixed with the cream, and next put your cups in a pan containing water to half the height of the cups; now cover them and put a little fire over the lid or cover of the pan, to prevent any steam dropping into the

cream. As soon as your *crême* is done, let it cool, and take care to secure the cups from being injured by dust, &c.

### N.° 2.—*Crême au Citron.*

The same preparation as above; but when your cream has boiled, instead of coffee you throw in the peel of a lemon which you leave to infuse, with the addition of a little salt and sugar. If intended for a *crême* in moulds of a great magnitude, you must use a greater quantity of eggs, as for instance sixteen eggs for two pints of cream or milk.

### N.° 3.—*Crême au Chocolat.*

For an *entremets* take a quarter of a pound of Vanilla chocolate, rasp it very fine and throw it into a pan to melt with a little water. When melted mix and beat it with some cream, which you have boiled, as above, and a little salt. Except in *crêmes* of fruit, either pine-apple, apricots, raspberries, &c. a little salt is always requisite, but very little indeed. If you wish to make a *crême à la glace*, instead of sixteen eggs per quart of cream you only put eight, which you put on the fire, but take particular care to prevent all manner of curdling: mix with the above a little isinglass, and rub the whole through a tammy. Now

try a little of the preparation in a small mould over the ice. If you should find that your cream has not substance sufficient to bear being turned upside down, you must add a little more isinglass.

It is to be observed that the isinglass must previously be melted in a little water. (See method of melting isinglass).

### N° 4.—*Crême à la Vanille.*

Take one or two sticks of vanilla, which infuse in some cream that has been boiling: next put in the eggs as you do for other creams. If you are making a *fromage à la glace*, you must put a smaller quantity of eggs, and keep constantly stirring your cream on the fire, whilst your eggs are getting done. Mind that the eggs be not overdone. When you perceive your cream is getting thick, put the isinglass in, and rub it through a tammy, then put it into a mould and into some ice.

### N° 5.—*Crême au Thé.*

Boil a pint of cream and a pint of milk, into which throw a little salt and some sugar; be it understood however that the latter must predominate. When your cream boils, throw two or three spoonfuls of good tea into the cream, give

it one boiling, then put in the eggs and operate as usual.

### N° 6.—*Créme à la Fleur d'Oranges.*

Instead of tea infuse a large pinch of flower of oranges, and when your cream has got the flavour, put in the eggs, &c.

### N° 7.—*Créme à la Genét, dite au Caramel.*

Melt about an ounce of sugar in a confectionary pan. Let it reduce till it is come brown, but mind to keep continually stirring to prevent the sugar getting a bitter taste. When quite brown, dilute it with a little water, to which add a little sugar to remedy the bitter taste. Next use a little more water to melt the *caramel.* When this is melted, take a pint of cream that has been boiling, throw your *caramel* into this cream, and put a sufficient quantity of sugar to make it palatable. Now, if you wish to have your cream to the ice pour in the yolks of eight eggs; but if you intend to have it *à l'œuf seulement* you must use twelve eggs. In the first case, when the eggs are well mixed you put them on the fire to thicken, and when the cream begins to thicken you stir it well, and throw in the isinglass that you have melted previously, then put it in the mould, and in the ice.

*The Manner of melting Isinglass.*

To melt a quarter of a pound of isinglass, take a little more than a pint of water, into which throw the twelfth part of the white of an egg; beat the water well till it becomes white; throw your isinglass into that water, and lay it on the stove over a very slow fire. If you keep it covered it will melt more easily. Take care it does not burn, for then it can never be made limpid, and besides it would have an unpleasant taste. For a larger quantity you increase that of the water and of the white of the egg, but be cautious to use very little of the latter. Some people will put in the peel of a lemon, which is wrong, however, you may squeeze the juice of a lemon into it if you want your isinglass to be limpid, but for a *crême* it is useless. You always put less isinglass than may be requisite, because in order to make your *crêmes* or jellies in perfection, you always try a little in a small mould. If the jelly should not be firm enough, you put a little isinglass more. It is impossible to determine the exact quantity which is required for *crêmes* or jellies, as the dishes and moulds are never of the same dimension. The best method therefore is to try and taste. A surgeon enquiring of me one day why cooks had not weights and measures the same as the

apothecaries? I readily replied: "because we taste our recipes, and those gentlemen very seldom taste those they are mixing;" therefore they must have just measure.

### N°. 9.—*Les Œufs à l'Eau.*

Boil a pint of water with half a quarter of a pound of sugar, a little coriander, a little cinnamon, and the peel of a lemon. When all those ingredients have been well infused, break the yolks of eight eggs which you mix and beat with that preparation; then rub it through a tammy, and put it into small cups to get thick *au bain marie*. Have care to put but very little fire under, as there must be some on the top of the covers to prevent the water from falling into the cream. Do not let your cream boil too long, but only by slow degrees, for fear it should curdle. This *crême* agrees very well with weak stomachs.

### N°. 13.—*Les Œufs au Bouillon, et renversés.*

Take some good *consommé*, such as you wish to use, *viz. consommé* of game or of fowl: do not put any sugar to it. Measure a cup full of broth to every yolk, and make your cream custard thick by the same process you do all others. If you wish to make your custard *en œufs renversés*,

use two yolks of eggs for a mould *à dariolles;* proceed as above, with the only difference that you butter your moulds lightly over with some clarified butter. Boil your eggs in moulds instead of cups, and when they are thick enough turn them upside down in the dish which you are to send up: mind to keep some of the same *consommé* which you send up as a sauce.

### N° 11.—*Les Œufs à la Neige.*

Break the whites of four eggs, which will be enough for an *entremets.* Beat those whites till they get thick; you have had some milk boiling on the fire, poach several spoonfuls of your whites in that milk, and when they are done enough you drain and dish them. You next make a sauce to pour over them in the following manner. Take some of the milk in which you have poached your eggs, then put a little sugar, a little orange flower, a little salt to your milk, mix the yolks of four eggs with the same, stir the whole on the fire till the milk is made thick, and mask your *neiges* with that sauce.

### N° 12.—*La Créme à l'Italienne.*

Boil a pint of cream with half a pint of milk. When it boils, throw in the peel of an orange and of a lemon to infuse in that boil-

ing cream, with half a quarter of a pound of sugar and a small pinch of salt. When your cream has been impregnated with the flavour of the fruit, mix and beat it with the yolks of eight eggs, and lay it on the fire to be made equally thick. As soon as it is thick enough for the eggs to be done, put a little isinglass in it, drain it well through a tammy, and put some of your *crême* in a small mould, to try if it is thick enough. If your cream should not be thick enough, add a little more isinglass, and lay this preparation in a mould on some ice. When it is quite *frise*, and you wish to send up, dip a towel into hot water, and rub it all round the mould, which turn upside down in a dish. By this means the cream seems to be more bright, without the dish being soiled.

### N° 13.—*La Crême d'Ananas.*

INFUSE the rind of the pineapple into boiling cream, and proceed as usual for other fruit. You must only use the rind, as the meat of the pine-apple being acid, your cream would curdle.

### N° 13.—*Le Poudin de Cabinet, dit Poudin à la Chancelière.*

TAKE a pound of biscuits *à la cuillière;* boil a pint of cream, in which you put to infuse a little

lemon peel, a little salt, and very little sugar, as the biscuits are already sweet. Pour your cream whilst boiling over the biscuits, and let them soak. You next mix the yolks of eight eggs with the above preparation. Then beat the whites of six eggs only: some people will add a little brandy, but that I disapprove. Butter over a mould which decorate with preserved cherries. When you send up your first course, pour the above preparation into a mould, which put *au bain marie*. Observe that if the mould be of a large size you must use more eggs. Make a sauce as for the *œufs à la neige*, into which sauce you squeeze the juice of a lemon; or make a sauce with arrow-root as follows. Dilute a spoonful of arrow root with white wine and sugar, which lay on the fire to boil; mind to keep your sauce liquid enough to mask the mould, and let the dried cherries that are around be full in view.

N. B.—This pudding can be made of remnants of *biscuits de savoie*, or *brioche*, &c.

### N° 15.—*Tapioca en Souffié et Gateau.*

Tapioca is an article that swells very much, and which requires a long time to be done thoroughly. If you boil it over too large a fire, it will become tough; if on the reverse over a very slow fire it will be as mellow as marrow, and

then is mighty pleasant to the palate. Boil a pint of cream and a pint of milk with a little sugar and very little salt. Now infuse the peel of half a lemon, and if the taste of either flowers of orange, roses, or vanilla, &c. be more agreeable, use them in preference. Put a quarter of a pound of tapioca into your cream, and let it boil over a very slow fire. When it is done, throw in a piece of butter, and break the yolks of six eggs, which you beat with the above preparation. When you send up your first course, you beat the whites of your eggs, which you pour gently with the rest, and set the whole on a moderate oven. If you wish to make a *gateau*, you *panez* a mould twice over with clarified butter and crumbs of bread: you mix with the above dried cherries and *corinths* or currants, and proceed as you would do for a *soufflé*. You next turn the mould upside down, in the dish, and send up hot.

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### OF SOUFFLÉS D'ENTREMETS

Let it suffice to observe in the first number relative to the *soufflés*, that they are all made in the same manner, and that they vary only in the taste you wish to give them. If sent up in

proper time they are very good eating, if not they are no better than other puddings.

N° 1.—*Soufflé de Pommes de Terre au Citron.*

Bake a dozen of potatoes; when they are well done open them, scoop out the most flowery part, and mix it with half a pint of cream that has been boiling, and into which you have soaked the peel of a lemon; to this add a little sugar, a large lump of butter, and a little salt; the taste of the sugar, however, must predominate; yet observe that the less sugar you use the lighter your *soufflés* are. Now break six eggs, throw the yolks of four only into the potatoes, beat the six whites, which pour gently with the above preparation into a *plat à soufflé*, and put it into the oven, which must not be too hot. When your *soufflé* is done enough powder a little sugar over it, use the salamander, and send up immediately.

N° 2.—*Soufflé à la Fleur d'Oranges.*

Dilute a little flower with half cream and half milk; set this pap on the fire to boil; when the flower is done put a little salt, a little sugar and a small quantity of flowers of oranges, mix the whole well, then add a large lump of butter, the yolks of six eggs, which you mix well with

the preparation. Now beat the six whites and mix them with the rest: then bake your *soufflé* as above, and when it is baked enough glaze it and send it up.

### N° 3.—*Soufflé de Créme de Ris.*

We call *créme* the flower of rice, which is prepared as follows. Wash and pick a certain quantity of rice: when it retains no foreign taste or bad flavour, lay it in an hair sieve to dry before the fire; when quite dry pound it, and sift it; the flower that gets through the sieve is called *créme de ris*, as I said before. Of this flower take two spoonfuls which dilute with a little cream and milk, boil them on a slow fire, and give whatever taste you may think proper. Of course you must add the butter, sugar, salt, beaten whites, &c. as to all other *soufflés*, then send up.

### N° 4.—*Soufflé de Pain.*

Boil some milk with a little cream, to which you may give any taste you please. Throw into your milk the soft of two or three fresh rolls to soak, rub the bread through a sieve, and proceed with the eggs, butter, sugar, &c. as usual.

### N° 5.—*Soufflé au Caffé.*

Boil a pint of cream with a pint of milk, to which add a little sugar and very little salt. Take a clean pan *à omelette*, and on a stove with a slow fire roast a quarter of a pound of coffee. When it is equally roasted throw it into the boiling cream, then let it cool that it may taste more of the infusion. Use this cream to make the *soufflé* either *au pain*, N° 4, *à la farine*, N° 2, and *pommes de terre*, and biscuits, &c. &c.

### N° 6.—*Soufflé au Chocolat.*

Take a quarter of a pound of chocolate, which cut as small as you can, and melt it on the fire in a little water. When it is entirely melted throw it into the preparation of the *soufflé* like all others.

*Soufflé à la Vanille,*
*Soufflé au Saffron,*
*Soufflé à l'Anamas,*
*Soufflé à la Rose,*

and generally all other *soufflés* are prepared in the like manner. The question is to make the preparation well, and above all things to beat the whites of your eggs well, for they alone cause the *soufflés* to raise.

### OMELETTE SOUFFLÉE.

Break eight eggs in a large earthen pan, divide the whites in one, and the yolks in another, rasp a little lemon peel or orange flowers, beat the yolks well, add a little sugar and salt, now beat the whites well *en neige*, and mix them with the yolks. Then put a lump of butter in a pan *à omelette* on the fire, when the butter is melted pour your *omelette* into the pan; when it is firm enough to hold the liquid part, turn it round in the dish you serve up; then bake it in an oven, or use the *four de campagne.* When it is well raised glaze it, and send it up immediately, for it would soon lower.

### GELÉES AU FRUIT.

It is to be observed that all jellies made of what is called red fruit must be worked cold, and be laid on the ice very expeditiously. If you were to use a tinned mould the tin would alter the red into a dead blue colour, and also spoil the taste; whereas if you use earthen moulds your jellies will always look and taste better.

It is also advisable to clarify the isinglass whilst it is melting: there is less waste and the

jellies have a brighter look. (See manner of melting isinglass).

### N° 1.—*Gelée de Fraises.*

Put some strawberries into an earthen pan, squeeze them well with a new wooden spoon, mix some pounded sugar with your fruit, and let them infuse for an hour that the sugar may draw out all the juice from the fruit; now pour in a little water. If the strawberries be very ripe, squeeze the juice of two lemons to restore the acid taste of the strawberries, for such preparations as are made too sweet are ever insipid. Put all this in a bag nearly new, that the juice may be drained clear and limpid; mix some isinglass with your juice, but mind the whole be very cold. Now put half a spoonful of the jelly in a mould over some ice to ascertain the degree of its substance. If thick enough put the whole in the large mould in the ice, and cover it also with ice, but no salt, for it would spoil the bright colour.

Some people will clarify the sugar, and when it is quite limpid and very hot they will throw their strawberries into the clarified sugar. This method is good enough, but then the jelly does not keep the taste of the fruit so well. You may try either way. When the strawberries

have been infused in the sugar and that they have discharged their colour, drain them through a bag, mix the isinglass, and lay them in ice. Mind also to cover the mould with ice.

### N° 2.—*Gelée de Framboises.*

Raspberries are prepared in the same manner as strawberries either hot or cold. They are also liable to lose their colour. It will not be amiss to repeat that the isinglass must be thrown in very cold, but the best way of all, is to put your fruit into the mortar with some sugar, pounded altogether; add to it a little water, put the whole in the jelly bag, and mix the isinglass with the juice quite cold.

### N° 3.—*Gelée de Groseilles Rouges.*

The same preparation as above, either hot or cold.

### N° 4.—*Gelée de Groseilles framboisées.*

The same as above, only you mix some raspberries with the currants.

### N° 5.—*Gelée de Groseilles blanches.*

The same operation as for red currants.

### N° 6.—*Gelée d'Oranges.*

Eighteen oranges are required to make a fine

good jelly. Take the peel of six oranges, throw it into a little water, which lay on the cornerof a stove without allowing it to boil, for fear it should taste too bitter. Cut your oranges in two: have a silk sieve and an orange squeezer, both which you dip into cold water, otherwise they would absorb the juice of two oranges at least. Squeeze your oranges in a sieve over an earthern-pan. This being completed pour the infusion of the peel through the sieve; next a pound of sugar or so, in proportion as your oranges are more or less acid. Break the sugar in a *poëlon d'office* (confectionary pan), pour a drop of the white of an egg in about a pint of water, beat this water till it gets white, pour it over the sugar, and set it on the fire. When your sugar becomes frothy or scummy, throw a little more water in. Then skim your sugar, let it reduce till it begins to bubble; you then pour in the juice of your oranges. The heat of the sugar will clarify the jelly. Do not let it boil, but as soon as you perceive a yellow scum, skim it and pour your jelly into a bag. You then mix some isinglass either hot or cold. This jelly must not be made too firm, and especially avoid ever introducing any foreign colour into your orange-jelly which is almost always yellow; wherefore would you contrive to make it red. Some people will add brandy to it, which is

wrong, the natural flavour ought never to be adulterated. If your oranges should be too ripe, mix a little lemon-juice to make them acid.

### N° 7.—*Gelée de Citrons.*

Lemon-jelly is made exactly in the same manner as that of oranges. However it requires a little more attention, for you must smell all the lemons you use for fear they should be musty; besides the lemons being more acid require a larger quantity of sugar. In every other respect the process is the same as above.

### N° 8.—*Gelée en Mosaïque.*

Boil half a pint of cream; when it boils infuse the peel either of an orange or of a lemon, according as you wish to decorate your jelly with either. When your cream has imbibed the flavour of the fruit, you put in a little sugar. Break the yolks of four eggs which you beat with the cream, lay it on the fire to thicken, and then put in some isinglass that has previously been melted. Drain the whole through a hair sieve, and put it well covered on some ice, in order that it may get quite firm. Now take the mould which you intend to use, brush it lightly with oil all over, and then cut your jelly of *crême* with a knife in the first place. Next with small tin trenchers. Decorate your mould without

putting it on the ice, for the damp would prevent the decoration from sticking fast. You decorate the bottom first, next the sides; then only you put the mould over the ice. Now pour a little orange-jelly lightly not to injure your decoration, and let it get thick. When the orange-jelly is frozen, thrust the mould deeper into the ice; then put a little more jelly to the height of the lower decoration on the sides; now let the preparation be made firm again; mind the jelly is never to come higher than the flowerets until the bottom has been first made firm; then gradually you ascend to the top. You then cover and encircle your mould with ice. When you wish to serve up, you dip a towel into some hot water, and rub your mould all round. Ascertain that none of the jelly sticks to the sides before you meddle with the bottom of the mould. You then rub the bottom with your towel, and turn your jelly in a dish. Were it not for all these precautions, the two colours would melt and mix with one another. This jelly looks beautiful when well made.

*N. B.*—It is to be observed that this jelly can only be made in winter time; for, during the summer season, the jelly would melt except it be made hard, then it will not be good, however you may work it in a very cold place.

## N.° 9.—*Gelée d'Ananas.*

The pineapple although a very odorous fruit, is not very juicy. Clarify some sugar (see N.° 6); when your sugar is clarified, take the rind of the pineapple that you have pared off, and *tournez* the best part equally. Let them be a little thicker, but of the same diameter as a crown-piece. Boil it in the sugar, and take the sirop into which you squeeze the juice of a lemon or two; and put to it some isinglass ready melted. Drain the whole through a bag; next trim a mould with a little of the jelly of pineapple, and when there is about three lines deep at the bottom of the mould, put the whole on the ice to get a substance, then lay slices of pineapple symetrically over the jelly. Mind they be quite dry, and then use a little of jelly to make them stick together. When your jelly is come to a substance, fill your mould and put some ice all round. If your pineapple does not look well enough to be served *en miroton*, only send up the jelly, but keep your slices of the fruit in sugar, as they will serve to make another jelly.

## N.° 6.—*Gelée de Cerises.*

The best method of making this jelly consists in clarifying the sugar. (See N.° 6.) When you have skimmed your sugar properly, throw

your cherries into the boiling sugar: take them off the fire, and when the decoction is made cold, throw in a little clarified cold isinglass, which, however, must be liquid. Now drain through a bag, and try your preparation. Next fill your earthern mould and put them in the ice. I have already observed that tin moulds would make the jelly turn of a dead blue colour.

*N. B.*—Take off the stone of the cherries and pound them the same as the raspberries or currants. (See N° 2.)

### N° 11.—*Le Miroton de Péches.*

Cut a dozen of peaches into halves, peel them gently, and boil them in a thin sirop, but do not boil them too long. If they be very fine you may use them raw, but if common fruit the sirop will improve the look of them. Break the stones, peel the kernels, and throw them into the sirop with the fruit. As soon as the peaches are ready you may use them for making a *tourte*, or for the *gelée en miroton*, which you make with some wine jelly, the same process as N° 9.

### N° 12.—*Gelée de Pied de Veau.*

Notwithstanding calf's foot jelly is seldom made alone, yet it is incumbent upon me to explain how it is to be made. Boil your calf's

feet in clear water, and skim it till the water be quite limpid. You then put the stew-pan on a small stove and let it boil gently till the calf's feet be well done. Drain the liquor through a double silk sieve; skim the grease off with the most scrupulous attention, then throw a large piece of sugar into the broth or liquor. Six feet make a large dish. Throw likewise into the jelly the peel of four lemons, and squeeze the juice, add to this a stick of cinnamon, a few cloves, a little allspice, and break four eggs entire but very fresh into the mixture. Mind to smell your eggs, for if one of them should not be fresh and sweet it would spoil the jelly. Beat the whole with a rod, but take care it is not greasy. Lay your jelly on the fire and keep beating it till it begins to turn white, and to bubble round the stew-pan. You then remove the stew-pan from the fire, you cover it with the cover, and lay some fire over the cover. This fire is intended to preserve the strength of the jelly, which otherwise (the steam dropping from the lid or cover) would weaken. When your jelly has been simmering for an hour on a very slow fire, you drain it through a bag. It must be drained several times over to be made quite bright. You then lay it on the ice and send it up in a mould like other jellies.

N° 13.—*Gelée de Vin de Madère.*

This jelly is made exactly in the same manner as the preceding. When the jelly is near getting clarifiedyour pour into the same stew-pan a bottle or two of Madeira. As the operation of clarifying takes away the strength of the wine you must add half a bottle of brandy to it. You must observe that this jelly will keep for several days, and that accordingly what you have left and what is sent down from table will be sufficient to supply you with another *entremets*. This is a common jelly which cooks and *traiteurs* will frequently serve; therefore in order to avoid monotony, you must ornament it with a jelly which you make as follows.

Take four spoonfuls of *gelée de vin*, break the yolks of four eggs into a stew-pan; beat the eggs with the jelly, and lay it on the fire to get thick; then drain it through a sieve, lay it on the ice, and use it as you do with regard to *gelées de citron*, and *oranges en mosaique*, N° 8.

N. B.—It will sometimes happen that the *gelées de vin au pied de veau seulement* will break when you turn them upside down in the dish. To prevent a similar accident throw in a pinch of isinglass when you are going to clarify your jelly.

## DES FROMAGES À LA GLACE.

### N.° 1.—*Fromage d'Abricots.*

It will suffice to indicate in this N.° 1, that there is but little variety in the manner of making those *fromages*, so that by recurring to this number it will be impossible ever to commit a mistake.

If in the summer season take according to the size of them eight or twelve ripe apricots: take off the peel and stones; throw your apricots into a mortar, and pound them with a little sugar. When well pounded rub them through a tammy, during which operation keep pressing upon the fruit with a new wooden spoon. Now melt a little isinglass with this *purée*. Take a pint of thick cream, beat it well and mix it with the apricots Taste whether your cream be sweetened enough. Continue to beat it over the ice with a rod, till you are sensible that the isinglass is well melted and blended with the mixture. You then put your *fromage* into a mould, round which you heap a large quantity of ice with some salt. If you should not be cautious to keep stirring over the ice, the apricot would fall to the bottom of the mould, so that when you would turn your ice-cream upside down in the

dish it would appear of two colours. In winter time you take a pot of marmalade of apricots which you reduce in a *purée* through a hair sieve; mix a little pounded sugar with it, likewise a little isinglass. Now, as above, take a pint of thick cream, beat it well, mix it gently over the ice with your fruit, and when they are well mixed put them into the mould which cover all round with ice.

### N° 2.—*Fromage de Fraises.*

Take a pottle of strawberries, make a *purée* of them, put a sufficient quantity of sugar to sweeten it well, and add a little isinglass. Next mix the whole with a pint of *créme fouettée*, and proceed as indicated above.

### N° 3.—*Fromage de Framboises.*

The same process as above. Make a *purée* of your raspberries, &c.

### N° 4.—*Fromage à la Fleur d'Oranges.*

In this case you must make an infusion. Boil half a pint of cream, into which throw a handful of flower of oranges, and let the cream cool. When it is cold, drain it through a sieve, and mix it with another pint of thick cream; keep beating over the ice till the mixture be made

thick. Now take some melted isinglass and mix it well with some pounded sugar: put the whole with the cream, keep stirring over the ice till made of a good substance, then fill your mould, and cover it all round with ice.

N. B.—*Fromages* require but very little isinglass. They must be delicate indeed, but especially extremely cold.

### N° 5.—*Fromage à la Vanille.*

HERE again you must make a decoction. Boil half a pint of cream, and infuse two sticks of vanilla that you have cut by halves; add a little salt and sugar. For the rest operate as above, N° 4.

N. B.—The vanilla that has already served once, may serve a second time if you pound the sticks prior to their being infused.

### N° 6.—*Fromage au Marasquin.*

BEAT a pint and a half of rich cream. When it is made quite thick pour into it two glasses of *marasquino,* the juice of a lemon, and a little isinglass. Next put the whole into a mould, and be attentive to keep stirring over some ice till the isinglass is well mixed. You then proceed as above.

N° 7.—*Fromage au Chocolat.*

PROCEED as above. Melt a quarter of a pound of chocolate that you have previously rasped or pounded: add a little water to it; when melted, mix with it a little isinglass and a little sugar; then mix that with the *crême fouettée*, and fill your mould which cover all round with ice.

N° 8.—*Fromage au Café.*

(SEE *crêmes*, the mode of infusing coffee). You only use one half of your cream, which, when cold, you mix with the other half. Beat the whole on the ice, add the isinglass, and then fill your mould, &c. &c.

OBSERVATION.—The *fromages* made of fruit deserve the preference over all others. But in the winter season, for a grand dinner or supper, when a great variety becomes requisite, infusions then may be recurred to.

N° 9.—*Des Gelées marbrées.*

THIS method of making a jelly will answer the purpose of economy, as for instance, if you have a little orange jelly left, and that on the preceding day you have served up a *crême à la vénitienne*, keep this latter in a very cool place; cut it into unequal pieces, the same as the orange

jelly : put the whole into a mould, which shake a little. When your pieces are well mixed, melt a little orange jelly : mind not to throw it into the mould till it be quite cold, for otherwise the white jelly mixed with the orange jelly would be made quite livid ; whereas if you pay proper attention this jelly will be equally good and pleasing to the eye.

### N° 10.—*Créme au Café marbrée.*

When you have prepared your cream as indicated above, you have a little very brown *caramel* ready ; take about half of your cream *au caffé* to which you add a little *caramel*, so that the one may be of a darker colour than the other. You then take a mould rubbed over inside with oil, which you lean sideways, and put a little white cream into it ; when that has acquired a good substance, you likewise throw in some of the brown cream, and so on alternately till the mould be quite full. You then cover the mould all over with ice. When you are ready to serve up, rub it with a towel dipped into hot water, the same as you have done the *Mosaique*. (See above, Jellies, N° 8).

### N° 10. — *Créme marbrée, Vanille blanche et Chocolat.*

Make both *crémes* separately as indicated

above. Try whether they be of the same substance, for if one should be thicker than the other, they would separate in the dish. Rub your mould gently over with oil, give the mould a sloping direction, and pour a little vanilla cream into it; when that is made of a good substance, put in a little chocolate cream, and so on alternately, till the mould be entirely full. Now cover the mould with ice. When you want to dish those creams you must always use the wet hot towel, and those jellies always look very pleasant if they be well made and bright.

### PATISSERIES CHAUDES ET FROIDES.

It will not be amiss to observe in this place that notwithstanding the immense number of articles of pastry that are to be made, you nearly always act upon the same principle. It rests with the intelligent workman to multiply the shapes and forms, for with regard to the taste it will always be found to be a compound of butter, flower, sugar, &c. The various sweetmeats that serve for garnishing pastry, most essentially contribute to improve its appearance and savour. However, the *feuilletage*, which is sent up to table in above a hundred different figures, can only be made in one single way; that implies that you make it more or less fine,

You may make it lighter if you use a great deal of butter, but then it has less substance. I shall treat of the different *pâtes*. The baking of pastry requires particular attention. You must be well acquainted with your oven to be enabled to send up nice pastry. The best prepared paste, if not properly baked will be good for nothing, therefore I recommend paying the greatest attention to the various observations contained in this present book.

### N°. 1.—*Pâte brisée, pour les Pâtés froids et chauds.*

It is not possible to indicate or determine the exact quantity of paste to be made for a pie, since it depends solely upon the size the pie is to be. Take two pounds of flour, half a pound of fresh butter, and when your flour has been properly sifted, spread it round on a table or dresser. Make a large hole in the centre, into which throw a large pinch of salt. Break a couple of eggs entire into that centre, and work the butter well with your hand, before you mix it with the paste; when it is made malleable, or soft, break it into small pieces with your fingers and throw those in with the eggs; you then pour in a little water to melt the salt; now work your paste well with your hands, and make it as firm

as possible, for if it were not very firm you never could erect the circumference or flank works of a pie. Now I have found out a method equally easy and expeditious of erecting those walls, for I will venture to call them so, by which means they never tumble or shrink, as is too often the case under the management of many unskilful pastry-cooks.

Take a piece or lump of paste, proportionate to the size of the pie you are to make; mould your paste in the shape of sugar-loaf, lay it erect on the table, then with the palm of your hand flatten the sides of your paste; always keep the middle high erect; when you have equalized it all round, and that your paste is quite smooth, squeeze the middle of the point nearly about half the height of it, and give it the shape of a hat; thus it is kept quite even, and this is executed with so much celerity that you can make a dozen of them in an hour's time. Now, if you wish to make a *pâte froid* you trim the middle of your paste, and all round with layers of bacon cut of an equal size: lay those layers double all over except on th eborder, that you may leave room to stick the cover or upper crust on First introduce some *farce* (see *farces à pâtés*); next, as you have boned your game or poultry, season the middle well with salt, pepper, and allspice

(see the contents), lard the most fleshy parts with slices of bacon highly seasoned, for it is to be observed that pies taste very insipid unless indeed they be highly seasoned. Now open your bird and spread your poultry or game on the table, some of the *farce* likewise; put plenty of salt, and close the fowl or pheasant to restore its former shape, lay it over the *farce*. If you dress more than one, mind they be all equally filled with the *farce*. Should you wish to introduce truffles, you mince some within the *farce*, and strew your pie equally with entire ones that have been well picked of their rind, yet always as much towards the top as possible, that they may be seen at the opening of the pie. As wealthy individuals never eat but the upper part of a *pâté*, I am induced to recommend the *timballe* in preference.

When your pie is quite full, you then cover it with bacon the same as you do to trim the sides. Fill all the cavities with butter. You next with the roller, spread a lump of paste of a size with your pie. Use the brush all round. Mind that the top be quite level. Stick the top or cover well over the border, make a hole, chimney pipe like, in the middle of this top or cover, and round that aperture stick a piece of paste made in the shape of a stick of sealing wax. Now cut some

blades or leaves of paste, which are to be made as will be indicated hereafter. Place them close to each other round the aperture or hole, without stopping it, and observe to use a little water to make them stick. When you have done with the summit, pinch or squeeze the bottom part, and the circumference of the upper part; decorate the sides or flanks to the best of your abilities. This, however, being only a matter of theory, it is impossible to enter into an explanation that would require volumes.

*N. B.*—The *feuilles* (blades, leaves) are made in the following shape  You must fold down the point marked ‖, but not lay the leaves too flat. Glaze the whole with an egg entire well beaten. Next bake your pie in an oven that is not very hot. Four hours are required to bake it: mind to watch its baking, and if it should assume too brown a colour, cover it with paper.

## PATE A L'EAU CHAUDE.

Throw into an earthern-pan a sufficient quantity of flower to make as much paste as you shall have occasion for. Pour some boiling water into a stew-pan with a large lump of butter and some salt. Lay the whole on the corner of the fire till the butter be entirely melted. As you are

to dilute your paste with boiling water, use a wooden spoon to beat it, but mind you do not make it too soft: when you have beat it well with the spoon first, remove the paste from the earthern-pan, work it well on the table, and place it for a moment before the fire that you may work it more easily. With this paste you may make either cold or hot pies, as indicated above (see *pâte brisée*). This paste indeed does not taste so nice as the other, but you may work it with greater facility, and it is not liable to so many accidents.

### FEUILLETAGE.

TAKE the same quantity of butter as of flower, so that if you use two pounds of the one you must also use two pounds of the other; and so in a like proportion. Weigh two pounds of flower, which shake through a sieve; then lay it on the table and make a very large hole in the middle, throw in a little pinch of salt and a few small pieces of butter; use a little cold water to melt the salt, take water enough to make your paste of the same consistence as your butter. In winter time you must make the paste very firm, because then the butter is so. In summer time you must make your paste very soft on account of the butter being so. The reason why you

are obliged to do so is, that if the paste were not made of a similar substance with the butter, this latter when you turn your paste would break through. When you have well worked your flower, you mould it into a large ball which you flatten, or into any kind of a large pad or long bag, which you turn into a spiral direction, and flatten the middle. Lay your butter on the table with a little water, handle it a little to extract the white liquor, take a clean towel within which squeeze your butter that no moisture may remain. Lay the ball of butter over the paste, flatten your butter, then fold the paste over the butter so as to wrap it well all over. Try whether the paste be hard or firm enough to prevent the butter from breaking through it. Now powder a little flower over the table and the paste. Roll your paste as smooth as possible with the rolling-pin, fold it in three, roll it over once more, taking care always to powder it over with a little flower to prevent its sticking to the table or to the rolling-pin. After having spread it well you fold it again in three folds. Make two marks on the top with your rolling-pin, to remember that it has been rolled twice. Then put it in a *plafond* trimmed with a little flower on the ground to keep it cool, and leave it there for a short while. A moment after

you turn it over twice again as above; then let it rest, and give it two turnings more which will make six in all. Now give it a long shape and fold it in two. You may then use it to make a *vol au vent*. When you only fold your paste double, it is what is called half a turning; of course you are sensible that your paste must have had six turnings and a half before you could make a *vol au vent*, and that you must keep your paste thicker than for other small articles of pastry. Cut your *vol au vent* of the size of the dish in which it is to be sent up, and immediately after put it in a *plafond*: brush it over with yolks of eggs, open it all round with the point of a knife, and put it into a very hot oven. Mind that the *feuilletage* always requires the oven to be very hot. If you were not cautious of keeping your oven shut the *vol au vent* would not raise perpendicular. When it is well baked, and of a fine colour take it out of the oven, remove the middle which served as a cover, empty the paste of the middle which is not baked, and lay your *vol au vent* on some paper to extract the butter. When you are ready to serve up, dish your *vol au vent*, and fill it with whatever you think proper.

With regard to *petite pâtisserie* (small articles of pastry), spread more *feuilletage*, cut it with

cutters into different shapes: if intended for *entrées* you brush your paste over with yolks of eggs, but you do not glaze it. Hereby *glaze* is meant, that when the pastry is baked and emptied, to powder it over with some fine pounded sugar and to use the red hot salamander, or put it into the oven in case it should be very hot.

### PATE À BRIOCHES.

In Paris we call to make a *brioche* with twelve pounds of butter, as we reckon a bushel of flower to weigh sixteen pounds. In this case we take sixty eggs, we ascertain whether they be all good, and to these we add a quarter of a pound of salt, the same quantity of sugar, and half a pound of yeast, &c.

It is not always requisite to make the *brioche* so fine. You may take fifteen good fresh eggs, four pounds of flower and two pounds of fresh butter. First have your flower on the table after you have sifted it. Divide it into four equal parts; take one of those to make your *levain*, make a hole in the centre, and use some yeast that has been well washed. What we call washing the yeast, is to pour some water over it, to stir it, and then let it stand still. When all the dregs are at the bottom of the vessel, you

throw away all the liquor that is on the top, and take about a large table spoonful of those drugs, which you throw into that fourth part of your flower. Then take some hot water which you pour gently over the yeast, which you dilute instantly in order to avail yourself of its strength. Do not make this paste too liquid ; powder some flower in a little stew-pan, throw your yeast paste into the pan, make slight slits over the paste, cover the pan, and lay it before the fire ; a quarter of an hour after see whether your yeast has been working, if it has, immediately dilute the *brioche* in the following manner :

Make a great hole in the remaining three-fourths of your flower, put four small pinches of salt on as many different places, with a good pinch of sugar to correct the bitter taste of the yeast, and a little water to melt the salt. You then take two pounds of butter which you break into small pieces with your hand, and put those pieces in the middle of your flower : next break your eggs, and smell them successively to ascertain their being good : mix the whole well together, and then *fraisez* your paste as follows. Lay the whole of your paste, which you spread lengthways on the border or edge of your table, then with the palm of both your hands you press upon the paste, pushing it by degrees towards

the middle of the table; when you have thus worked the whole of your paste, you bring it back again towards the edge, and *fraisez* it a second time; you now bring it near the edge of the table again, and pour your yeast all over your paste, and next divide the whole into small pieces or quantities which you shift from one place to another: this operation is practised in order to mix the yeast with the paste. You now *fraisez* your paste well again twice, and gather the whole up together. Take a large sieve or an earthen pan, into which you spread a towel open, powder a little flower over the towel, and put your paste in, which cover with the towel; in summer time remove your paste to a cool place, and in winter time to a warm one. Observe that the paste is better when made on the preceding day, and take care to break your paste at different times before you use it: you then cut it into equal pieces which you shape with the palms of your hand; lay these on the less even size, shape off small balls which you turn in the same manner, brush them over with a beaten egg; you then make a little hollow, put the small ball over it, brush twice over with the egg, and bake it in a hot oven. If you wish to make a large *brioche*, you must make a very large round paper case; mind to well butter your paper, and next mould

your paste accordingly. Make a head as for the small one, and bake in a hot oven, but less hot however than is used for the small ones, for the larger your articles of pastries are, the less must your oven be hot. The borders of your *brioche*, or pies, &c. would burn before the middle part could hardly be made hot. When you perceive that your *brioche* has colour enough, if it should not be thoroughly baked, cover it with paper without losing sight of the colour. This same paste may serve to make all sorts of little *entremets*, such as:

*Les petites nattes en gateaux de Nanterre*;

*Les petits pains sucrés*. To these you only add a little sugar and some currants.

If you make them of different shapes you give them different names, and by this means you make a multiplicity of *entremets*; however you have many enough at your disposal already, without introducing many sorts of *brioches*.

### GATEAU DE COMPIEGNE.

The same paste as for the *brioches*; you only keep it more liquid with some hot milk. Put in a few raisins and currants. This cake is made in a mould well trimmed with butter.

### BABA.

DILUTE your paste the same as your paste *à brioches*. Take eight grains of saffron which infuse in a little water; pour the water into your paste without dropping the saffron leaves; add two glasses of Madeira, some currants, raisins, and a little sugar; then make your cakes as you do the *brioches*. You must butter a mould, and put your paste in it.

### BRIOCHES AU FROMAGE.

MAKE your paste as for other *brioches*, only have some Swiss cheese which you cut into dice, and throw into your paste whilst it is still liquid. Bake it as you would do another *brioche*.

### NOUGAT.

FOR an *entremets* cut three quarters of a pound of sweet almonds, and mix with them six or eight bitter almonds. Before you cut your almonds into dice you must blanch them, in order that the peel may come off. When they are cut equally, dry them in the oven, but white: take two spoonfuls of superfine pounded sugar, put it over a slow fire in a *poëlon d'office*; when the sugar is melted without your having used any water, you throw your almonds in, but take care they be quite dry. If you hear a noise when

you throw them into the sugar, it is a sign of their being dry enough. Rub a mould slightly over with oil or butter, then take some almonds which lay in beds as thin as possible; take a lemon to press upon your almonds; but be quick, otherwise the almonds will be cool, and then cannot be worked so thin. The *nougat* requires being light, to be made to perfection.

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## ENTREMETS SUCRÉS, ET PATISSERIES CHAUDES.

### MERINGUES SÉCHES.

It is to be observed that the *meringues* to be well made require the eggs to be fresh, and that you are not to break them until the very moment when you are going to use them. Put a spoonful of sugar to every white; six whites are sufficient for an *entremets*. Have some pounded sugar that is quite dry, break your eggs in a clean and very deep pan, beat your whites without loss of time, till they be very firm, then take as many spoonfuls of sugar as you have eggs, and beat them with the eggs till the whole be well mixed. Observe that you are to be very expeditious in making your *meringues*, to prevent the sugar from melting in

the eggs. Have some boards thick enough to prevent the bottom of your *meringues* getting baken in the oven. Cut slits of paper two inches broad on which lay your *meringues* with a spoon; give them the shape of an egg cut in halves, and let them all be of an equal size: sift some sugar over the *meringues* and blow off the sugar that may have fallen on the paper; now lay your slits of paper on a board, and bake them in an oven moderately hot. As soon as they begin to colour remove them from the oven: take each slit of paper by both extremities, turn them gently on the table; take off a little of the middle with a small spoon. Spread some clean paper on the board, turn your *meringues* upside down on that paper, and put them into the oven that the crumb or soft part may be baked and get a substance. When you have gone through this operation for the whole, you put them in a dry place to use them when wanted. When you send them up to table, you fill them with *crême à la chantilli,* or with something acid. Remember however that you are not to use articles that are very sweet, the *meringues* being sweet by their nature. Mind that your spoon is to be filled with sugar to the brim, for the sweeter the *meringues* are, the better and crisp they are.

MERINGUES AU MARASQUIN AU SUCRE CHAUD.

For a pound of sugar take the whites of five eggs, and clarify your sugar as indicated in its place. Reduce it almost *au cassé*, then let it cool whilst you beat your eggs, and pay attention to beat them well; you next put them with your sugar. Take a new wooden spoon, and when the sugar begins to get cool you mix your eggs with it, but mind they be well mixed; you then mix two spoonfuls of *marasquin* with the whole; dress your *meringues* on some paper as you have done above, and glaze them with some sugar sifted over, before you put them into the oven, which, by the bye, is not to be so hot as for the other *meringues*. As soon as the top gets a substance or is no more liquid, take them off the paper, stick two together, and put them into the hot closet to get dry. Leave the liquor in the middle.

PATE À GIMBLETTES.

I introduce the *gimblettes* next to the *meringues*, because this kind of paste is made with the yolks of eggs only, whereas the whites only are used in making the *meringues*. It is by his adherence to those principles of economy that a good cook distinguishes himself. For eight yolks take two ounces of butter, half a

pound of flower, a pinch of salt, and a little milk. Work the paste with your hand on the table. Add to it a little rasped lemon peel, or a little flower of oranges. Cut the paste into small pieces, which roll up the size of your little finger, and make rings with them ; *soudez* as it were with a little *dorure*, (yolks of eggs well beaten, (or *omelette*). Now rub a *plafond* over with butter, on which lay your *gimblettes*. Mind that they are all of an equal size. Brush them twice over with the *omelette*, and bake them in an oven that is but very moderately hot. This paste undergoes no effect whilst in the oven ; let it get quite dry, for *gimblettes* require being made crusty.

### PATE ROYALE, DITE À CHOUX.

This paste is one of the *forts bases* of pastry ; it is used to make an infinite number of *entremets* of various forms, and of different denominations. I shall first explain the manner of making it ; next I shall enumerate briefly its manifold appellations.

Take a stew-pan large enough to contain three pints of water ; pour half a pint of water into it with a quarter of a pound or a little more fresh butter, two ounces of sugar, a little salt, and the peel of a lemon : let the whole boil till the

butter be entirely melted. Then take some of the finest flower that is very dry, and shake it through a sieve. Take the lemon peel out with a ladle, and throw a handful of flower in the preparation whilst boiling; however pay attention not to put more flower than the liquor can soak. Stir with a wooden spoon till the paste can easily be detached from, or, no longer sticks to the stew-pan or to the spoon: you then take it off from the fire. Next break an egg into your paste and mix it well; then break a second which you mix likewise; do not put more eggs than the paste can absorb, yet mind you do not make your preparation too liquid. It is almost certain that between five or six eggs will be wanted for the quantity as aforesaid. You then form them *en choux*, by which is meant in the shape of a ball one inch in circumference. As this paste swells very much you must *dress* it accordingly. Abroad we use the technical word *coucher*, and we say *coucher les choux, les biscuits*, &c. but when in a foreign country we must as much as possible adopt the expressions there in common use, I therefore say, *dress*, which is to put the *choux* on a *plafond* at one inch distance from one another, in order that they may undergo a greater effect in the oven. Brush them over as usual with an *ome-*

*lette*, (this we call *dorer*) to which you have added a little milk. Put them into an oven moderately hot, and do not open the oven till they be quite baked, otherwise they would flatten, lower, and in vain would you attempt to have them rise again: next make them dry. Sometimes you may glaze them; at other times you may send them up without being glazed. To detach them from off the *plafond*, you apply the sharp edge of your knife, and take them off gently. You then make a small opening on the side, into which you introduce with a teaspoon, such sweetmeats as you think proper, and send up dished *en buisson*.

*N. B.*—Be cautious to smell every egg before you use them, for a bad one will spoil them all.

### LES PETITS CHOUX PRALINÉS.

THE same paste as above, only when your *choux* are dressed on the *plafond* and *dorés*, you have some sweet almonds chopped very fine, which you mix with a little pounded sugar; these you powder over your paste. Now turn your *plafond* and powder again with the almonds; next bake and garnish with sweetmeats, as indicated above.

### LES GIMBLETTES À LA D'ARTOIS.

THE same as paste above, with this only

difference that after having *dressed* your *choux* at greater distances you *dorez* them, by dipping your finger into the *omelette* and then into the middle of each *choux*, leaning on the *plafond*. Turn your finger round a little to widen the hole. This repeat to every *choux*. When your *gimblettes* are baked enough, take some very fine pounded sugar, and throw it into a silk sieve. Shake the sieve gently over your *gimblettes*, which put into the oven for a moment to dry the sugar, next glaze of a fine colour with the salamander, and introduce sweetmeats as above, &c., and garnish the same as before.

### LES GIMBLETTES PRALINÉS.

THE same method as *choux* of the said denomination, you only make the *gimblettes* as above-mentioned, and powder them over with chopped almonds.

### LE PANIER DE PETITS CHOUX À LA CHANTILLI.

THE same paste again, only in this case make your *choux* very small, rolling them on the paste-board with a little flower. You then bake them like all others, but without glazing them. Now you have some sugar *au cassé*, stick the point of a small skewer into the *choux*, and dip them one after another into the sugar. Stick all the *choux* together round a

mould in the shape of a basket; stick them well together, especially about the top, for it is generally the upper part of the basket that is most liable to break. In order to procure the handles, you use the side of a stew-pan of the same circumference as the height of your basket, and stick some of the *choux* close to each other to make your handles: you next stick the handle to the basket. When ready to send up you pour some cream *à la Chantilli* into your basket, and then serve it. If you pay strict attention this *entremets* will have a pleasing appearance.

*N. B.* — You may have your choice with regard to the shape you give to the *choux*, and vary your moulds either made into baskets round, or oval, vases, &c. &c. Mind always to butter the moulds inside; otherwise the sugar would stick, and the baskets, &c. would not come out.

### PAINS À LA DUCHESSE.

The same paste again, with this difference, that first on the pasteboard you make round balls, and subsequently roll them as long as your finger. You next lay them on the *plafond*, *dorez* them, and bake them either glazed or not, at your option. Trim them with sweetmeats.

### CHOUX EN BISCUITS, DITS GATEAUX À LA D'ARTOIS.

TAKE a pint of thin cream, which boil in a stew-pan that may contain four quarts, with a little salt, a little sugar, a pinch of flowers of oranges *prâlinées*, and two ounces of fresh butter. When your cream has boiled, skim off the flowers of oranges. Take some flower that has been sifted through a silk sieve; throw a handful into the boiling cream. If the cream can absorb more, put a little more to dry on the fire, and keep stirring with the wooden spoon till the paste no longer sticks to it. Now take five very fresh eggs, break three of them entire alternately, and stir quick; then you throw in the other two yolks only, but as that is not sufficient to moisten your paste properly, you add as much thick cream to it as the paste can imbibe. Do not make your paste too liquid, *dress* as you would biscuits, *dorez* with a thin *omelette*, and put your *choux* into the oven. When they are baked glaze them first with sugar; next use the salamander, and serve up hot.

*N. B.*—This method is quite plain, but it cannot be altered. You may stick two together with apricot marmalade.

OBSERVATION.—When you have succeeded so far as to make your *pâte royale* well, it only

requires a small share of abilities to vary your *entremets*. You may make a hole on the top in the middle, and fill it with *crême pâtissière*, and put it into the oven again. Another time if you wish to make rocks, or *croquantes*, you manage to frame the doors or apertures, by erecting small *choux* one above another in the shape of an arch; your *prâlinez* them with chopped almonds, which you have made of a green colour by means of using *le verd d'épinards*, and that you have subsequently dried. You may also shape them into sheaves. Make your *choux* very small yet long. Then with the sugar *au cassé* stick one round on the dish, and alternately another on the border of the dish to strengthen the structure. The *choux* are not to be of an equal length in this case. Mind with the point of a knife to put a little melted sugar all along the *bâtonets* (sticks) to prevent their breaking. Fill the middle with the cream *à la chantilli*, with which you mix a little *marasquin*. If you should have a little sugar left, sprinkle it gently into a buttered mould to cover the cream.

### LE BISCUIT DE SAVOIE.

Take a dozen of fresh eggs, break them into a vessel that you may put into another containing some hot water. With those eggs mix a pound

of superfine pounded sugar. Beat them well in the vessel which stands in the hot water. When you perceive that your eggs are no longer soft, put three-quarters of a pound of flower into a silk sieve not very close woven; mix your flower well with the eggs, which is to be done by means of shaking the sieve, then add about two spoonfuls of flower of orange water. If you only use lemon put in a spoonful of cold water. Rub a mould over with butter; powder some sugar round, fill that mould with your preparation, powder some sugar round your mould, and bake it in an oven moderately hot. Ascertain with a little skewer whether the middle part be sufficiently baked. If the biscuit be not of a very large size, it will be baked enough in three-quarters of an hour's time. Biscuits like other pastries of a greater magnitude, require the oven not to be so hot, and therefore must be kept in a longer time.

### PATE À TARTE, DITE D'OFFICE.

Spread on the table two handfuls of flower, two spoonfuls of pounded sugar, a pinch of salt, an ounce of butter, and a little water to melt the salt. Make a hole in the middle; break two eggs entire besides the yolk of one egg more; mix your paste well, and it will serve you for

making *tartes*, *tartelettes*, and for mounting *croquantes*. You increase the quantity of ingredients according to the quality of paste you may have occasion for.

### PATE D'AMANDE.

TAKE a pound of sweet almonds, blanch them in boiling water; take off the peel and put them in a mortar, pound them very well, and add a little water to prevent them turning into oil; after they are very fine and quite in a paste, put in three-quarters of a pound of sugar well pounded; pound all together in the mortar. If your paste is quite fine, take it from the mortar and put it into a stew-pan over a slow fire, and stir with a wooden spoon till your paste becomes white and dry; now put your paste into a pot you have taken care to keep covered, in order to prevent your paste from drying.

### TARTELETTE DE CONFITURE.

TAKE some remnant of puff paste, which spread on the table with the rolling-pin; have some *tartelette* mould well buttered; cut some paste with the paste cutter, the same shape as the *tartelette* mould lay this paste to each mould, put a tea spoonful of apricot marmalade

to each mould; now cover your mould with a little cover made as follows.

Take some *pâte à l'eau chaude* (see page 457) have a little board engraved of three little covers of different ornaments, have some coarse muslin, put to it a little fine powder, tie the muslin as if you were going to make a little bag of it, use this little bag to prevent the paste sticking to the board; let it be shaken over the board; take some paste which lay over an engraved part of the board, press with your thumb equally over the paste, then with your knife press with the sharp side and cut off the superfluity of the paste. With a little paste you take the paste out of the mould, and moisten the border of the *tartelette*; you stick that little cover to the *tartelettes*, put one to each of them, bake them in the oven without any *dorure*, but when done glaze them with a little sugar, and use the salamander.

*N.B.*—You may also make some without any cover, but those with covers look better, and the sweetmeats do not dry so much.

### TARTELETTE DE PATE D'AMANDE.

Spread some almond paste over the pastry table, cut the paste with a cutter the same size

as the *tartelette*; butter the mould with very little butter, and then put it in the oven when not very hot. After the paste is done quite white, you take them off from the mould and garnish them with currant jelly, raspberry jam, or apricot, &c. As the sweetmeats do not go to the oven, they are always of a better colour and better taste.

### GAUFRES À LA FLAMANDE.

Take a pound of fresh butter, a pound of fine flower, six or seven eggs; mix first the eggs with the butter in a bason, put to it a little salt, sift the flower over the eggs and butter, add to it a spoonful of yeast; mix with all that a pint of double cream, work it well with your hand, put the bason on the dresser till dinner-time. Have your *gaufre* mould greasy with some fat bacon for the first only, the other comes out very easy without any other grease. After they are all made, you pour some fine sugar over just at the time you send them to the table, for if you put the sugar sooner it will make them soft.

### TART OF FRUIT, ENGLISH FASHION.

Take some puff paste which lay over the table, spread it with the rolling pin, and have some

fruit ready in a dish with some sugar and a little water. Cut your paste the same shape as your baking dish roll; over your rolling pin, and then put this paste over the fruit. Before you put your paste over the dish you must brush the border of the dish with some *dorure*, in order to stick the paste; when you have trimmed your dish all round, you put the white of one egg, you spread part of it over the tart and sift some sugar over the eggs; then dip your paste brush in the water, shake your brush over the sugar and do the same over the tart; bake it very well and serve it always cold.

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For *Roasting*, it is almost unnecessary to give any advice about it; almost every individual understands how to roast a joint; the only observation is, a large joint wants the fire moderate; for a small one the fire must be very sharp. Game in general must be under done; and with respect to poultry that should be thoroughly done. Roasted meat should always have a good colour, which depends upon keeping your fire very equal, so as to give an uniform colour to every part of it.

THE END.

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Printed by Cox and Baylis, 75, Great Queen Street, Lincoln's-Inn-Fields.